



Are You Ready To Lose Weight & Win?

Dear Employees:

It's time for Lighten Up 4 Life's challenge!

The goal of the team challenge is simple: Beginning September 1, 2010 businesses and the community are invited to form teams that will compete against other teams to lose the greatest percentage of body weight. The team with the greatest percentage of body weight loss will win prizes!

Go to www.lightenup4life.com to register today!

Here's How

- Choose a coordinator to help with your team/teams
- Choose 3 other employees to join you in creating a four-member team
- Assign a name to your team (Be as creative and silly as you please)
- Each team member who wants to join must complete a Lighten Up 4 Live registration form (Available on www.lightenup4life.com)
- Participants will weigh in every Monday of every week.
- There will be a winning team every 16-week session and the challenge will end in August of 2011 with a grand prize winning team.

Lighten Up 4 Life will help motivate you with diet and exercise tips and video segments that help you choose healthy foods and meet your weight loss goals. We will share success stories and creative ideas from other area businesses as well!

Signup Today at www.LightenUp4Life.com !

Have Fun, Lose Weight And Inches, Get Healthy And Win Prizes!

Connect with us

