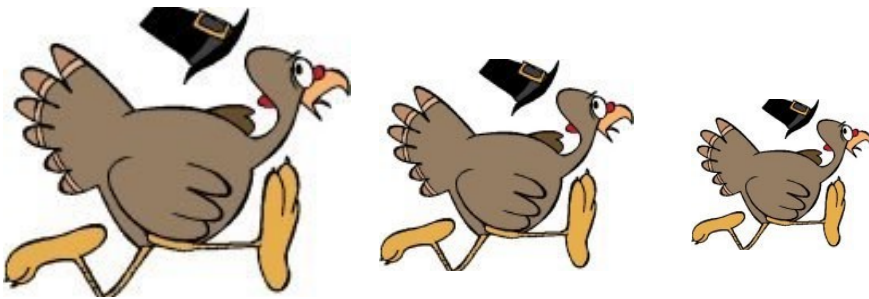


MAINTAIN, DON'T GAIN

FUN HOLIDAY CHALLENGE FOR WORKSITES!



2018

Join our Worksite Holiday Challenge!

Your organization is invited to participate in a “Maintain, Don’t Gain” worksite wellness challenge during the 2017 holiday season. Weight of the Fox Valley is teaming up with Well City Fox Cities and Oshkosh Area Businesses Focused on Health (OABFOH) to organize this challenge.

Participating organizations receive:



Program Toolkit
Weekly Emails



Friendly Competition
Community Recognition



Prize Eligibility

One Size Fits All!

All are welcome, whether or not your organization has done this type of challenge before. The program is flexible and can be easily customized to fit your organization using a toolkit from area wellness experts, with support, as needed, from Weight of the Fox Valley!

What is needed to participate?

1. Organization contact person
2. Assistance collecting organizational data (e.g. # of participants, # that maintained)
3. Promotion and encouragement to your employees

Questions or to register your organization:

E-mail: Sarah Wright, Program Manager, Weight of the Fox Valley, at:

Sarah.Wright@UnitedWayFoxCities.org

START DATE: NOVEMBER 13-21

END DATE: JANUARY 2-10

(Date ranges provided to accommodate organization schedules)

THE
WEIGHT OF THE
FOX VALLEY

Calumet, Outagamie and Winnebago Counties

A community health initiative designed to address active lifestyles & healthy eating among Fox Valley residents to achieve and maintain a healthy weight at every age. To find out more, visit www.weightofthefoxvalley.org.