New Year, New You! Challenge

This 8 Week Challenge combines daily exercise with nutrition challenges and stress relieving techniques to help make 2015 healthier and less stressful.

Begins: January 12, 2015

How it Works:

   Employees who sign-up by the deadline will receive additional information and weigh-in locations via email.

2. Attend a Tri-Health Weigh-In and Receive a Challenge Tracking Sheet.
   Employees who did an on-site screening in 10/2014 or later can use that weight.

3. Earn a Minimum of 50 points throughout the 8 week challenge.
   You can earn up to 2 points/day. 1 point for a 30 minute workout. 1 point for meeting the daily challenge. Challenges vary from week to week and focus on encouraging healthy eating habits and stress reducing techniques.

4. Attend a Tri-Health Weigh-Out and turn in your Challenge Tracking Sheet to TriHealth.

5. Maintain Your Weight or Lose Weight During the Challenge.

Eligible employees meeting all 5 criteria earn 1.5 WellBucks!

Program administered by TriHealth. Hamilton County will not know your individual information.

Questions: Contact Our TriHealth Wellness Coordinators
Katie Krimmer | 977-0020 | Katie_Krimmer@trihealth.com
Mark Walker | 977-0045 | Mark_Walker@trihealth.com

Register Now
Registration Is Required.
Sign-Up In Paycor.