

Wellness Campaigns by WellSteps 2017/18

Healthy Weight for Life – September 11-October 27th

What you get: You will learn the secrets to weight loss used by those who have lost weight and kept it off!

What you do: This campaign is not really about weight loss, it is about helping you apply the behavioral secrets of those who have lost weight and kept it off. Each week, you will receive information about a different behavior. You will keep track of all these simple behaviors each week. When you complete this campaign, you will have Healthy Weight for Life!

Maintain Don't Gain – November 13th – December 30th

What you get: You receive educational and motivational messages, holiday recipes, and holiday snack substitutes as you try to maintain your weight from mid-November to early January.

What you do: You will weigh in and record your weight once each week between mid-November and the first week of January. You can use your own scale as long as you use the same scale every time. You should weigh in each week on the same day, at the same time, wearing basically the same clothes.

Rethink Your Drink – January 22nd – February 23rd

What you get: Individuals will receive information on popular beverages and the role they play on health and diet. Many popular drinks on the market are loaded with extra calories, sugar and caffeine. These drinks can start to get expensive if consumed on a regular basis too. *More details to come!!*

Move It! – April 2nd - May 18th

What you get: You will receive regular educational and motivational messages during the program as you participate in your favorite form of movement.

What you do: This campaign is designed to encourage physical activity by inspiring peer support and by creating a little friendly competition. Groups within a company, such as sites or departments, can compete against each other to win the coveted WellSteps Trophy. There are four simple steps. First, choose a few forms of physical activity that you like such as jogging or biking. Second, choose one or more people to be part of your Move It! team. Your team members can be physically active with you, but group activity is not required. Third, after choosing your team, plan one or more blocks of 30 minutes for physical activity into your weekly schedule. Finally, Move It! as much as possible each week for six weeks and hopefully longer! Once a week, you will log your time spent in physical activity.