



Maintain, Don't Gain Challenge



extracon.com | 901.405.1914 | info@extracon.com

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WELCOME TO THE MAINTAIN - DON'T GAIN CHALLENGE!

This unique and inspiring wellness challenge:

- Emphasizes the many health benefits associated with maintaining a healthy body weight.
- Promotes physical activity and healthy eating behaviors.
- Provides up-to-date and easy-to-understand health and wellness information to inspire and support a healthy lifestyle.
- Drives wellness engagement and participation rates upward.
- Offers participants easy tracking of weight by providing text, smart phone app, or online options.

In this Challenge, participants will track their weight over time as they incorporate healthier eating habits and avoid unwanted weight gain. They will enroll and form teams online. You will choose the timeline – we recommend 6 to 15 weeks. Teams' percentage of weight lost or gained is displayed as the team score. We offer several ways for them to record their weight – either online, via text message, or using our iPhone or Android apps. Optionally, you can schedule a supervised weigh-in at the beginning and end of the challenge and configure your Challenge so those final weights you record override the participants' self-reported progress during the Challenge.

The manual provides a host of promotional materials to assist you in getting the word out about the upcoming Maintain – Don't Gain Challenge. Whether you need informative articles to publish online, a letter of support from top leadership, or promotional posters to display in break rooms, it is all here. For your convenience, all materials are provided in both print-ready and editable electronic formats.

The educational resources and motivational e-mail messages included in the manual are designed to reinforce the key health messages of the Maintain – Don't Gain Challenge. Distribute these to participants throughout the challenge. Aside from increasing awareness about personal health habits and becoming more informed about healthy weight maintenance, the participant also feels a sense of connection to the challenge when he/she receives regular communication from the Challenge Coordinator.

Also included is a suggested implementation timeline. It is designed to assist you in organizing the planning, promotion, implementation, and evaluation tasks necessary to ensure the Maintain – Don't Gain Challenge is a success at your workplace.

This Challenge includes realtime, online reports showing participation and engagement in the challenges. Our reporting supports a variety of incentive approaches to fit your program.

To learn more, schedule your demo with one of our health promotion experts at www.extracon.com/demo