

The “Biggest WIC Loser Challenge”



- Make half plate with veggies and fruits for lunch and dinner each day.
- Get 150—300 minutes of exercise such as brisk walking each week.

- Do you see yourself postponing those healthy lifestyle behavior changes that could keep you in shape?
- Are you looking for a boost of motivation with a healthy way to lose weight and keep it off?

**Sign up for the
“The Biggest WIC Loser Challenge”!**



Prizes

Prizes consist of cash collected from all registration fees:

- 1st place: 50% of the cash
- 2nd place: 30% of the cash
- 3rd place: 20% of the cash

When: Dec.1, 2011 to Feb.1, 2012

Participation Opportunities:

Option 1: Those who seek a healthier weight along with lifestyle changes (**fee and prizes applicable**).

Option 2: Those who are looking for an opportunity to eat better and move more (**no fee – no cash prize**).

Activities Included:

- Weekly weights and bi-weekly squat tests
- Working booklets: “Activity & Eating Small Steps to a Healthier You” and “Holiday Survival Guide”
- Daily and/or weekly e-mails with tips and tools for healthy and physical activity
- Online support and opportunity for social networking at the Dairy Council of California website:
www.dairycouncilofca.org/Health-Wellness/Worksite.aspx

Cash Prizes Winning Criteria:

- To lose the largest percentage of body weight and have the biggest increase in the squat test scores.

Please feel free to contact Rosana with questions!

Phone: (832) 393-4456 (Office)
Phone ((281) 814-1819 (Mobile)
Fax: (832) 393-5216
E-mail: rosana.arruda@houstontx.gov

