

# Implemented and coordinated weight loss & fitness challenge that started out our corporate location and then went company wide.

- Encourage fun while becoming more health
- Increase workplace activity and wellness
- Uplift moral
- Have weekly tips, links, and healthy snake options



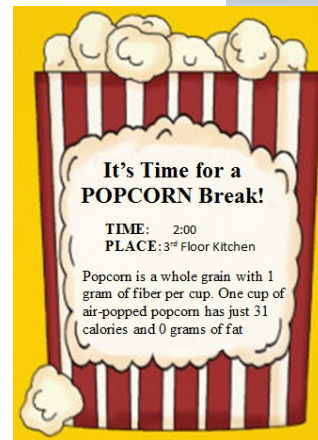
## Weight Loss & Fitness Challenge

*THE BIGGEST LOSER, Weight Loss & Fitness Challenge* is a friendly competition among Lexington office individuals who are interested in having fun, while losing some unwanted pounds. This program is designed to increase workplace activity and wellness by tracking the percentage of weight loss of individuals in a competitive environment.



## The Biggest Loser

Weight Loss & Fitness Challenge



Participants Weight %

| Name          | Week 1 | Week 2 | Week 3 | Total %      |
|---------------|--------|--------|--------|--------------|
| Participant 1 | 0.00%  | 1.07%  | 1.08%  | <b>2.15%</b> |
| Participant 2 | 1.01%  | 0.53%  | 1.39%  | <b>2.93%</b> |
| Participant 3 | 1.87%  | 0.20%  | 0.55%  | <b>2.62%</b> |
| Participant 4 | 1.61%  | 1.38%  | 1.94%  | <b>4.93%</b> |
| Participant 5 | 1.74%  | 1.16%  | 1.15%  | <b>4.05%</b> |