

“Get Fit for Life” Leader Responsibilities

(Approx. 1 ½ hrs. per week)

1. Be responsible for overseeing the “Get Fit for Life” program in your designated area:
 - a. Attend one hour leader training
 - b. Recruit participants
 - c. Schedule and oversee weekly weigh-ins and distribute weekly weight loss information
 - d. Collect “5-a-Day” worksheets on a weekly basis and distribute weekly newsletters and information to all participants

2. BE ENTHUSIASTIC!! – Be discreet – Help motivate people to get involved and stay involved. Above all don’t reveal people’s weights to anyone, even team members.