



Slimathon Participant Guide

Welcome to the Get Fit for Life Slimathon Challenge!

During the next four weeks you and your team will be learning about healthy food choices and physical activities that can help you lose weight and live a happier, healthier life.

The focus of the Slimathon is to help you achieve a healthy weight. The program coordinator, _____, will help you determine your ideal, healthy weight by computing your height, weight and body type. Your goal should be to get closer to this ideal weight by making healthy food and exercise choices.

By working in a team, you will be able to encourage, support and assist your co-workers and compete to see which team achieves the highest percentage of weight lost.

Throughout the next six weeks, your team will participate in weekly weigh-ins, receive important information to help you achieve a healthy lifestyle and plenty of tips for losing weight and getting fit. Remember, your weight information will be strictly confidential.

Be sure to follow the Slimathon Guidelines on the back of this page.



Slimathon Guidelines

1. Get together a team of four employees and sign up
2. Pick up your registration packet from your Get Fit for Life Leader.
3. Have your team complete the first weekly weigh-in. (Remember, weight information will be strictly confidential.)
4. Complete your team's weekly weigh-in by visiting your leader on the designated day for your area.
5. The team that has achieved the highest percentage of weight lost will be our Get Fit for Life Champions.

There it is! Simple, healthy, and life changing! See if you can meet the Get Fit for Life Slimathon Challenge!

If your team has any questions about the Get Fit for Life Challenge see your Get Fit for Life Leader,_____.

