

Join **SHAPE UP & GO!**

Over 10,000 Cleveland Clinic employees have joined Shape Up & Go! This fun activity and weight loss challenge is brought to you by the Employee Wellness Team at the Cleveland Clinic. Over the course of twelve weeks, teams will challenge each other to see which team walks the most steps, exercises the most and loses the most weight!

Features For The New Year:

- A Nutrition Tracker to log your meals, snacks and daily hydration
- Find other colleagues with similar sports/activity interests
- Form a team to support you



**Registration
Begins
May 3rd**

How To Participate

- Form a team with 5-11 co-workers and choose a team captain. Teams from previous competitions can stay together and even invite new teammates to join! Individuals can join, but we encourage teams to make it more fun!
- Choose what you'd like to compete in: Pedometer Steps, Exercise Minutes, and Weight Loss Percentage. Select one, two, or all three.
- Register online or call 1.877.881.0085 no later than May 14th. By paying the \$10 registration fee via one-time payroll deduction or credit card, you'll have a personal webpage to track your success, connect with other colleagues, and see the team standings!
- Your Welcome Kit should arrive within 10 days of registration. It will include: Competition Logbook: Pocket-sized and convenient. You can record your daily fruit & veggie intake, daily hydration, steps, exercise minutes and weight. Your Welcome Kit selection will also be included (Omron HJ-150 Pedometer w/ leash, or Shape Up and Go! t-shirt)
- o Monday May 24th, The First Day: Put your pedometer on first thing in the morning and keep it on until you go to bed at night. All steps count towards your progress. Make the effort to incorporate more fruits and veggies into your daily diet. Be creative! And email your tips to: support@shapeupandgo.org – we'd love to share them!
- o Record it! The best way to keep yourself motivated is to write down or enter your data online or phone your results to our support team. You can record your results daily or enter your totals at the end of two weeks.

Questions?

Call Shape Up & Go! Customer Support at 1.877.881.0085

Visit the Shape Up & Go! Website at <http://www.shapeupandgo.org>

Visit the Employee Wellness website at <http://www.cchs.net/wellness>

Go to: www.shapeupandgo.org