

New Year
New You

Happy New You!

Working Together to Keep Our New Year's Resolutions!

New Year, New You! Challenge

This 8 Week Challenge combines daily exercise with nutrition challenges and stress relieving techniques to help make 2015 healthier and less stressful.



Begins: **January 12, 2015**

Don't Wait!
Register by Jan 5!

How it Works:

- 1. Register for "New Year, New You: Workplace Challenge" in Paycor by January 5.**
Employees who sign-up by the deadline will receive additional information and weigh-in locations via email.
- 2. Attend a Tri-Health Weigh-In and Receive a Challenge Tracking Sheet.**
Employees who did an on-site screening in 10/2014 or later can use that weight.
- 3. Earn a Minimum of 50 points throughout the 8 week challenge.**
You can earn up to 2 points/day. 1 point for a 30 minute workout. 1 point for meeting the daily challenge. Challenges vary from week to week and focus on encouraging healthy eating habits and stress reducing techniques.
- 4. Attend a Tri-Health Weigh-Out and turn in your Challenge Tracking Sheet to TriHealth.**
- 5. Maintain Your Weight or Lose Weight During the Challenge.**

Eligible employees meeting all 5 criteria earn 1.5 WellBucks!

Program administered by TriHealth. Hamilton County will not know your individual information.

Questions: Contact Our TriHealth Wellness Coordinators

Katie Krimmer | 977-0020 | Katie_Krimmer@trihealth.com

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Register Now

Registration Is Required.
Sign-Up In **Paycor**.

