

# Lighten Your Load

*January 24 – March 20*

Grab a buddy or join a team and commit to permanent lifestyle changes for a healthy weight!

## **EXPECTATIONS (You will earn points for the following activities)**

Login regularly to the challenge site (<http://www.healthycommunity.ca/LeeSchools>)

- Enter your weight weekly on the main dash board (100 points). I am the only person besides you who can view your weight and it will remain confidential. Go to the “tracking page” (big blue button on main page) and click on the scale icon to receive your points.
- Go to the tracking page (click big blue button), watch the weekly educational video and click on the computer icon to earn points for watching the video. (100 points).
- Go to the “tracking page” (click big blue button), select the date of your exercise and click the dumbbell icon for every 15 minutes of exercise you completed for that day. There is no virtual trail with this challenge. (25 points for every 15 minutes of physical activity up to 60 minutes EVERY day).
- You will automatically earn 10 points for every 1.0% of total weight lost according to the weight that you enter weekly.

## **RULES**

- Teams will be ranked throughout the challenge according to average points.
- Individuals will be ranked by total points.
- Weight can only be viewed by the user and the site administrator (me). It will never be shared.
- Teams must have a minimum of 10 participants to be eligible for team prizes. Immediate family members are welcome to participate.
- The team challenge ends March 20. All data must be entered no later than Friday, March 23.

## **HELPFUL HINTS**

- Weigh-ins can be done privately at home or consider organizing a group weigh-in for your teammates at work. Please contact [Lisahb@leeschools.net](mailto:Lisahb@leeschools.net) if you would like to schedule Employee Wellness to provide weekly weigh-ins.
- Save the challenge link ([www.healthycommunity.ca/LeeSchools](http://www.healthycommunity.ca/LeeSchools)) to your desktop so logging information will only take a few seconds.
- Instead of a virtual trail, participants will be ascending in an elevator as the weight is shed.
- Send a self-addressed pony envelope to LCPEC/Employee Wellness and you will receive your copy of the Eat Right for Life Guide.

## **Prizes**

*Prizes to be determined will be awarded for the following:*

- The female with the greatest number of points.
- The male with the greatest number of points.
- The 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> place teams with the greatest number of average points.
- A random drawing will be held in the event of an individual or team tie.

## **Lighten Your Load Registration**

Log on to [www.healthycommunity.ca/LeeSchools](http://www.healthycommunity.ca/LeeSchools)

- If you participated in the Out Island Adventure, login with your same username and password.
- Go to the challenge section on your main dashboard and join Lighten Your Load (Individual Challenge).
- To also participate on a team, return and click on Lighten Your Load (Team Challenge). Go to the teams tab on the dashboard, find your team and select “join”. You are ready to begin tracking on January 24.
  
- If you did not participate in The Out Island Adventure, select "Not registered?" under the login window. The user agreement will appear in the window to the right. Scroll to the bottom and click agree.
- Answer the questions in the profile and click submit at the end. You will receive an email reminding you of the website address, as well as your personal login ID and user password that you created – SAVE IT! You will need both to log your exercise.
- Go to the challenge section on your main dashboard and join Lighten Your Load (Individual Challenge).
- To also participate on a team, return and click on Lighten Your Load (Team Challenge). Go to the teams tab on the dashboard, find your team and select “join”.

## **TEAM CAPTAIN REGISTRATION**

*All teams from the Out Island Adventure have been removed. Team captains will need to re-register their team name. Only team captains should follow this step.*

- Register as an individual using the instructions above.
- Click on the teams tab in the vertical menu and select “create a team”. Follow the prompts.
- Let all of your potential teammates know the name of your team so that they can join it when registering.

**Questions? Contact Employee Wellness at 337-8360 or email [LisaHB@leeschools.net](mailto:LisaHB@leeschools.net).**