



Select One Program to Jump Start Your Result-based Healthy Bucks Account for **2022**

Earn \$75 Result-based Healthy Bucks:

(Must be in the 2021 Premium cost share program or qualifying for the Premium cost share)

Holiday Weight Challenge OR **Holiday Fitness Challenge**

Avoid the traditional 7 to 11 pound Holiday Weight Gain!

Wellness Holiday Weight Challenge

Follow these Rules for Weigh-in & Weigh-out:

1. **Weigh-in** at any of the August or September **Wellness Clinics for the Result-based Re-shape Your Frame—weigh-out clinic**. Your **height** may also be measured. Register on <http://colliergov.GoSignMeUp.com>
2. Please arrive prepared to empty all pockets, remove shoes, sweaters, and all gear.
3. Individuals must meet the following value at the **weigh-out clinics Jan. 3-11, 2022** for **\$75 HB**: **maintain weight within normal BMI range ≤ 24.9 OR lose at least 1 pound of initial weight if BMI was ≥ 25.0 at weigh-in**
5. Use http://www.nhlbi.nih.gov/health/educational/lose_wt/BMI/bmicalc.htm to calculate your BMI.
6. For those with a more muscular frame, call Wellness (252-8915) for a % body fat test. A special prep is required for testing. Goal: Women $\leq 31\%$ body fat Men $\leq 28\%$ body fat.

Covid-19 Safety Precautions in place during weigh-in clinic sessions.

Wellness Holiday Fitness Challenge Program

Join the Collier County Parks & Recreation Fitness Centers with a Membership (includes Employee Wellness Fitness Center-Main Campus)

Exercise **at least 8 times** in October, November and December **2021**

1. CCG Park & Recreation Fitness membership required. Payroll deduct forms for membership available on the www.chpha.com website.
2. You must **swipe in** and **swipe out** and exercise for at least 30 minutes for credit.
3. Attendance will be validated using the Parks & Rec badge swipe system.

Register for your *Holiday Challenge* on GSMU <http://colliergov.gosignmeup.com>