



Lose the Covid-19 Weight Loss Program

This weight loss program is a “take-off” from the Freshmen-15 weight gain. It’s not uncommon for first year college freshmen to gain 15 pounds. So with our first year of Covid-19, some of us have gained 19 pounds (more or less) during Covid-19. Let’s ban together to create new habits to shed those unwanted pounds during this 12-week weight loss program. **MEMBERS QUALIFY FOR THIS PROGRAM IF BMI IS 25 OR GREATER AT WEIGH-IN.** Follow these simple instructions:

Weigh in at the Holiday Weight Challenge Weigh-out Clinics (see below calendar dates) the week of Jan. 4-12. Earn \$75 result-based Healthy Bucks for meeting these goals at weigh-out the week of April 6-13.

At initial weigh-in if:

BMI 25-29.9 Lose 5% of weigh-in weight OR attain a BMI less than 25 at time of weigh-out

BMI 30 + Lose 10% of weigh-in weight

A meal plan will be given at time of weigh-in and a monthly exercise plan will be provided. **YOU MUST REGISTER IN ADVANCE ON [GOSIGNMEUP](http://colliergov.GoSignMeUp.com) FOR A FREE FOOD SCALE AND EXERCISE STRETCH BAND.**

Non-member Wellness Fitness Center participants will be able to exercise at the Main Campus Fitness Center for 3-months during program participation at **No Charge** (does not included group programs). Call Allison Wroblewski, Fitness Program Leader, to coordinate your free membership exclusive to the Wellness Fitness Center on the Main CCG Campus. 239-238-6230

Program registration on <http://colliergov.GoSignMeUp.com>

Covid-19 Weight Loss Weigh-in Clinics

<p>Mon., Jan. 4th Main Campus-Risk Risk Training Rm 7:15am-8:30am 11:30am-1:00pm</p>	<p>Tues., Jan. 5th N. Collier Regional Park Admin. Bldg., Rm A 7:30am-8:15am</p>	<p>Wed., Jan. 6th Growth Management Plan/Reg Bldg. Rm 607 7:00am-8:30am</p>	<p>Thurs., Jan. 7th Road & Bridge –Davis 6:15am-7:15am</p>
<p>Fleet Management 11:45am-12:15pm</p>	<p>Growth Management Plan/Reg Bldg. Rm 607 11:30am-1:00pm</p>	<p>Main Campus-Risk Risk Training Rm 11:30am-1:00pm</p>	<p>Everglades City Council Chambers 12:00-12:15pm</p>
<p>Marco Tax Collector Office 5:00pm-5:15pm</p>	<p>Pelican Bay Services 12:00pm-12:45pm</p>	<p>Golden Gate Comm. Ctr. Rooms A&B 12:00pm-12:30pm</p>	<p>N. Collier Gov’t Center Towne Hall Mtg. Rm 11:30am-1:30pm</p>
	<p>N. Collier Gov’t Center Towne Hall Mtg. Rm 5:00pm-6:15pm</p>	<p>Main Campus-Risk Risk Training Rm 4:30pm-5:15pm</p>	<p>Immokalee R&B 4:30pm-5:00pm Immokalee Library-A 5:15pm-5:35pm</p>

Mon., Jan. 11th
Main Campus-Risk
Risk Training Rm
12:00pm-1:00pm
4:45pm-5:30pm

Tues., Jan. 12th
Main Campus-Risk
Risk Training Rm
7:45am-8:30am

