



## Holiday Weight Challenge—Weigh-out

### Wellness Holiday Weight Challenge Weigh-out Program Details:

1. *Weigh-out Clinic Calendar below.*
2. Please be prepared to empty pockets, remove shoes, outerwear, and all gear while remaining clothed.
4. Individuals who meet the following values at the weigh-out clinic will be credited **\$50 HB**:  
**maintain weight within normal BMI range  $\leq 24.9$  OR**  
**lose at least 1 pound of initial weight if BMI was  $\geq 25.0$  at weigh-in**

**For those with a more muscular frame, call Wellness (252-8915) for a percent body fat test. A special prep is required for this testing. Goal: Women  $\leq 31\%$  body fat Men  $\leq 28\%$  body fat**

#### Mon. Jan. 8th

Main Campus-Risk Training Rm  
7:00am-8:45am

Main Campus-Risk Training Rm  
11:00am-1:00pm

Marco Tax Collector Office  
5:00pm-5:15pm

#### Tues. Jan. 9th

No. Collier Regional Park-Adm. Bldg.  
7:30am-8:30am Room A

Growth Management-Plan/Reg. Bldg.  
11:00am-1:00pm Room 607

North Collier Government Center  
5:00pm-6:15pm Town Hall Meet. Rm

#### *Re-shape Your Frame* Body Composition Program

\$50HB

**Starting initial weight & waist measurements will be taken from Midland Health records for weight, waist & BMI**

- **Maintain a BMI < 25**  
**OR**
- if **BMI is 25-29.9** then lose 5% of initial weight by weigh-out clinic.
- if **BMI is  $\geq 30$** , then lose 10% of initial weight by weigh-out clinic.

**OR**

- **Waist measurement:**  
Women < 35 inches  
Men < 40 inches

Have measurements re-taken in Aug-Sept. at a Wellness Clinic on-site event.

#### Wed. Jan. 10th

Growth Management-Plan/Reg.  
7:00am-8:30am Room 607

Water Distribution/IT Billing  
7:00-8:00am Training R00m E-37

Main Campus - Risk Training Rm  
11:00am-1:00pm

Golden Gate Community Center  
Rooms A/B  
12:00pm-12:45pm

Main Campus - Risk Training Rm  
4:30pm-5:30pm

#### Thurs. Jan. 11th

Road & Bridge—Davis Blvd.  
6:00-7:15am

Wastewater Collections  
7:00-8:00am 2nd Floor Train Rm

Everglades City—City Hall  
Council Chambers 12:00pm-12:15pm

North Collier Government Center  
11:30am-1:30pm Town Hall

Immokalee Road & Bridge  
4:30pm-5:00pm

Immokalee Library  
5:15pm-5:45pm Small Study Room