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LightenUp<sup>+</sup>  
Onslow

Onslow  
MEMORIAL HOSPITAL



MOVE MORE. EAT BETTER. STRESS LESS.



Join Us for the Lighten Up Onslow Free  
Team-Based Weight Loss and Steps Challenge  
January 22 – June 1, 2018

Early Registration Begins January 2, 2018

*Meet The SS Losers team, Cindia Dorn, Pamela Marovich, Sandy Kent, and Sye Chanthongthip. This Onslow Memorial Hospital team lost over 92 pounds and 13.92% weight loss, and “believe that not even a cupcake tastes better than the win.”*

Hello Everyone!

We want everyone to join us and participate in the **2018 Lighten Up Onslow Team-Based Challenge**. This team challenge is dedicated to promoting fun ways to motivate you and your fellow employees to lose weight, get active, become healthier, and in the process, win prizes.

Last Year 30 teams of four members lost over 20 pounds and participants racked up more than 70,000,000 steps!

REGISTRATION BEGINS: Tuesday, **January 2, 2018**

FIRST WEIGHT & STEPS SUBMITTED: **Monday, January 22, 2018**

#### HOW TO JOIN LIGHTEN UP ONSLOW

- Find three other employees, or friends to create your four-member team
- Name your team (Be creative and have some fun!)
- Go to [LightenUpOnslow.org](http://LightenUpOnslow.org) to register your team
  - Have everyone's name and email to register your team with the Sign-Up Button
  - Identify your team coordinator (they will identify themselves at registration)
  - After you complete your sign up, everyone will receive an email to complete their registration.
  - Once the Challenge begins on **Monday January 22, 2018, enter your beginning weight and your first steps**
  - Then **every week, enter your weight and weekly steps** using the [Progress Tracker](#)
- During the challenge you will receive weekly emails with diet and nutrition tips, health information, plus free exercise videos
- Questions [FAQ's](#) or [moreinfo@lightenuponslow.org](mailto:moreinfo@lightenuponslow.org)

SIGN UP