

Sign Up Now



A Healthier Workforce = A Healthier Bottom Line

Dear Business Leader and Local Champions,

We invite you to participate in our Recipe for Health and Wellness by encouraging your employees to join the **2018 Lighten Up Onslow Team-Based Challenge**.

2017 RESULTS

- 30 teams of four members lost over 20 pounds
- Participants racked up more than 70,000,000 steps

2017 PARTICIPANT OUTCOMES

- Increased awareness of nutrition
- Increased adherence to healthy diet
- Increased physical activity
- Some participants reported lower blood pressure, cholesterol, and lower glucose levels

Get Started by Downloading the **Lighten Up Onslow Workplace Tool Kit** which contains all the materials you need to encourage employees to form four-member, Lighten Up Onslow teams. This team challenge is dedicated to promoting fun ways to motivate employees to lose weight, get active, become healthier, and in the process, win prizes.

REGISTRATION BEGINS: Tuesday, January 2, 2018

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

CHALLENGE ENDS: June 1, 2018

Throughout the promotion, Lighten Up Onslow provides helpful emails to participants, filled with diet, nutrition, and free exercise video and tips.

We hope your organization will join us for this year's **Lighten Up Onslow** #healthyinonslow.

All the information you need is at www.lightenuponslow.org/atwork.html, including if you would like to become a sponsor or a partner.

Questions moreinfo@lightenuponslow.org