

WALKER WELLNESS
BIGGEST LOSER 2007

The Walker Wellness Committee is again rolling out the Biggest loser campaign to encourage employees to keep their New Year resolution and get in shape. The goal of the program is not just to lose weight, but to change your body composition by losing fat and gaining muscle. This can only be accomplished through proper diet and exercise.

Sign up through January 5 in Human Resources.

Individuals may sign up or employees can sign up in groups. Individuals will be assigned to groups of 3 or 4 depending on participation.

Body Composition will be measured on January 15. This will be done through bioelectrical impedance using a Body Fat Analyzer. This technique uses a machine that sends harmless and painless electricity through the body to “weigh” each of the different kinds of tissue in the body. These include the amount of muscle and other lean tissue as well as the amount of fat and water in the body. The greater amount of fat, the greater resistance the electrical signal encounters and the higher the reading on the Body Fat Analyzer.

Measurements will be monthly thereafter on Feb. 15, March 15 and April 16. All participants must be measured each month or will be disqualified from the competition.

The group and individual that lowers their reading on the body fat analyzer most significantly will be the winner(s). Monthly prizes will be award to both group and individual winners. Grand prizes will also be awarded to the group and individual with the lowest cumulative reading.

All Results will be kept confidential. Only names of winners will be used for promotion purposes.