



# COUNTYWIDE FITNESS CHALLENGE 2012

## IT'S TIME FOR THE COUNTYWIDE FITNESS CHALLENGE

It's the third annual Countywide Fitness Challenge! You asked for it and its back! Last year's Countywide Fitness Challenge brought out thousands of County employees and their families to get active & healthy at weekend events.

This year, the Countywide Fitness Challenge is back with new locations & events for you to enjoy! Join the movement as County employees make being active a part of their everyday lives. Beginning in May and ending in October:

1. Join us for [eight fun & active events!](#) Weekend activities, such as, hiking, power walking, cooking demonstrations and our first ever "triathlon" will be held each month and County employees are invited to bring their families out to participate!
2. The week of May 21, 2012, DHR is re-launching the "Biggest Loser" contest. Are you up for the challenge? Get in gear for this 8-week campaign to look and feel your best. Participate as an individual or as a team of up to 15 with your County co-workers. Click [here](#) for more details on how to become a "Biggest Loser."
  - a. The contest is modeled after the television show and departments and their teams will compete for highest percentage of weight loss, so even a small department can be a winner!
  - b. Plus, participate in our new nutrition program – Mix It Up! Mix It Up is a very simple nutrition program – no calorie counting, no fat gram tabulating, no weighing or measuring. The goal is to eat at least five servings of colorful produce daily. Weekly Healthy Living [webinars](#) will give you tips to set health goals, learn to read food labels, get your fitness "on", and much more! Win some great prizes just for participating! Click [here](#) to get started.

Check out the "For Your Benefit" newsletter featuring the "Countywide Fitness Challenge" [here!](#)

Special thanks to all of the Countywide Fitness Challenge Collaborators:

- Department of Beaches and Harbors
- Department of Parks and Recreation
- Probation Department
- Department of Public Social Services
- County-sponsored health plans
- American Cancer Society
- American Diabetes Association
- Extreme Bootcamp

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