



**January 19—March 1, 2015**

**New Year, New You!**

Join us in a 6-week weight loss challenge to getting yourself in shape in 2015!  
Create a team or participate solo.

- Lose 1% or more of your starting weight over the 6 weeks of the challenge!
- Complete weekly wellness tasks to be eligible for weekly drawings!
- Receive motivational emails from the LiveWell Vermont Wellness Staff!

**Registration Instructions:**

1. Login to the [LiveWell Vermont Wellness portal](#).  
(First time user? Click on “Click here to sign up” to register)
2. Sign-up for the challenge by Monday, January 19, 2015.
3. Click the green “Sign Up” button in the challenge bar.
4. Create a team name or find your team name in the drop down menu.  
Participating solo? You’ll be your own team!

Note: Team and individual names will be visible to ALL participants.

5. Enter your starting weight and select “Sign Up Now”.

**Incentive Eligibility Requirements:**

Complete weekly tasks and lose 1% of your starting weight over the 6 weeks of the challenge.

**Questions?**

Contact: Alissa Robertson  
802-828-2931

[Alissa.Robertson@state.vt.us](mailto:Alissa.Robertson@state.vt.us)

