



**TRACK YOUR WAY TO SUCCESS**

**Your journey to a healthier you begins January 19, 2015** Losing weight, and getting fit, are just the beginning, Lighten Up Nashua is committed to providing you with all the resources you need to lead a healthier life.

Dear Fellow Employees:

We are inviting you to join us in participating in the Lighten Up Nashua Challenge, brought to you from St. Joseph Hospital. You can team up, track your weight loss and activity minutes, have fun and win prizes!

The goal of the Lighten Up Nashua team challenge is simple: you are invited to form 4-member teams to compete to lose the greatest percentage of body weight and/or track the most activity minutes.

Go to [www.LightenUpNashua.org](http://www.LightenUpNashua.org) to register today!

- Choose 3 other employees to join you in creating a four-member team
- Name your team (Be as creative and silly as you please)
- Go online to [www.LightenUpNashua.org](http://www.LightenUpNashua.org) to register your team. You will need everyone's name and email address
- Once you've completed your registration, you, and each of your team members will receive an email to complete your registration.
  - If you don't receive the registration email, go to [www.LightenUpNashua.org](http://www.LightenUpNashua.org) PROGRESS TRACKER blue button (upper left corner), and submit your weight or activity minutes. If your registration is not complete, the system will prompt you to finish your registration survey.
- After registration, **your email address will become your Lighten Up Nashua Unique ID, and along with your PIN#** you created during registration, you will submit your current weight and activity minutes to [www.LightenUpNashua.org](http://www.LightenUpNashua.org) with the PROGRESS TRACKER button
  - Note: If you'd like, you can submit your weight or activity minutes every day, but to be consistent and to be able to win prizes, you must submit them at least once a month.

### **Lighten Up Nashua 16-Week Sessions**

**January 19 – May 8, 2015 | May 25 – Sept 4, 2015 | Sept 14, 2015 – December 31, 2015**

The Lighten Up Nashua Challenge will help motivate you with healthier recipes, exercise tips and videos that will help you meet your fitness and weight-loss goals. The challenge runs all year, so it's never too late to join!

Lighten Up Nashua

Signup Today! Team up, lose weight, get fit, have fun and win prizes!