



## Slim to Win Challenge

All NKC School employees are invited to participate in the district wide Slim to Win Challenge during the months of January- March. Make healthy behavior changes throughout the 9-week challenge to lose weight and make this year count towards your health. The challenge will start January 9th and finish on March 13th.

Participants will weigh in with their building nurse or with April Anderson at Central Office between January 7<sup>th</sup>-8<sup>th</sup>. Weigh-ins will take place every other week at your building or with April Anderson at Central Office and recorded on the [Wellness Slim to Win portal](#).

### Prizes

Winners and prizes will be provided to individuals with the greatest weight loss percentage and the building with the highest average weight loss percentage.

- 1st Place - Garmin Watch
- 2nd Place- Kitchen Blender
- 3rd Place- Scale
- Building with the highest average weight loss percentage among participants will receive a healthy catered lunch

### Important Dates and Details

- Sign up by January 8<sup>th</sup> by clicking [here](#)
- Weigh in with your building nurse or with April Anderson at Central Office between January 7-8th
- The challenge will start January 9th
- Weigh in with your building nurse on January 21st, February 5th, February 19th and March 5th
- Final weigh in will be the week of March 11th
- Winners will be announced the week of March 25th

Email April Anderson at [April.Anderson@nkcschools.org](mailto:April.Anderson@nkcschools.org) with any questions.