

# Lose Weight as a Team

**Summer Slim Down is a great program option for your employees to be active.**

It is designed to help employees lose weight as teams. They help motivate and hold each other accountable.

### The program is easy.

1. Employees create a team of four to six people, then choose a team captain and register.
2. Team members encourage each other to lose weight.
3. Provide incentives to teams that lose weight.

The following are ten reasons to implement the Summer Slim Down program:

1. More productive employees
2. Increased employee energy levels
3. It is a fun, competitive program
4. Happier employees
5. Increased employee engagement
6. Healthier employees
7. Boosts employee morale
8. Prepare for summer attire
9. Improved employee camaraderie
10. Better body, mind, and spirit

The Summer Slim Down turnkey program has everything you will need to implement the program, including sample flyers, educational materials, timelines, and suggestions for incentives.



**SUMMERSlimDOWN**<sup>SM</sup>

The turnkey is available at [www.selecthealth.org](http://www.selecthealth.org). Under the employers tab, click “Health and Wellness,” then choose “Weight Management Programs,” then “Summer Slim Down.”

For questions or more resources, call **801-442-6759** or e-mail [health.management@selecthealth.org](mailto:health.management@selecthealth.org)

