Wellness September Events

Fall Challenge: Choose Your Own Challenge

*Begins Monday, September 25th (50+ points)*

For more than 10 years, Employee Wellness has been helping faculty, staff, and their dependents lose weight in the *Fall Weight Loss Challenge*. This year, we are expanding our Fall Challenge beyond just weight loss to include a new *Lifestyle Challenge*. Whether you want to lose weight this fall or just make healthy changes in your diet and physical activity, Wellness has you covered in this 12-week challenge.

Form a team (2-3 people) and choose either our traditional *Weight Loss Challenge* or our new *Lifestyle Challenge* that never asks you to step on a scale. Throughout the 12-week Challenge, you’ll receive all the tools you need to make healthy changes, work with local coaches, and have the opportunity to win prizes that will help you stay on track for years to come.

[Learn more about Choose Your Own Challenge here](#), and mark your calendar for our informational meeting on *Monday, September 18th, at 12pm*.  *[Space is limited, get registered here!]*

Lunch & Learn: Weight Loss Panel

*Wednesday, September 13th, 12pm (10 points)*

Whether you have 5 pounds to lose or 50, starting a weight loss journey can feel overwhelming. Learn from the experts in the field about successful weight loss strategies that work for everyone. We will have a panel of experts including personal trainers, diet coaches, and three people who have personally lost weight and kept it off. Get answers from the pros and the people who have been there!
Joshua’s Wish 5K Run & Walk  
*Saturday, September 16th, 8:30am (20 points)*

September is Childhood Cancer Awareness Month. Support a great local organization by registering to run or walk in this annual 5K taking place at Amerson River Park. This road race supports Joshua’s Wish Foundation, a 501(c)(3) dedicated to supporting families in Middle Georgia who are affected by childhood cancer. _Learn more and get registered here_.

**Diabetes Management Program**  
*Tuesday, September 19th, 12pm (10 points)*

Have you or a loved one been diagnosed with diabetes or prediabetes? Wellness is offering an ongoing Diabetes Management Program with certified Diabetes Educator and Registered Dietician, Marsha Lewis. Join us for our second session and learn simple steps you can take to better manage your blood sugar. The focus in this session will be the role of diet, specifically carbohydrates, in managing blood sugar. Dependents (spouses, children) are welcome to attend this program. _REGISTER HERE!_

**Know Your Numbers: Hydrostatic Body Fat Testing Clinic**  
*Friday, September 29th (25 points)*

What if you could know exactly how much of your body was fat versus muscle? What if you knew exactly how many calories you need to eat to lose fat or gain muscle? Now you can! _Hydrostatic weighing_ is the gold standard in body composition assessments and provides you with an individualized report that is highly accurate and unique to your body. Know your numbers, and sign up for an optional exercise and nutrition consultation to help you create a personalized plan based on your test results. _GET REGISTERED NOW!_

**30-Day Challenge #9: Sit Up Challenge**  
*Monday, October 2nd — Thursday, September 28th (up to 15 points)*

What’s the secret to a strong core? Regular training! Join us this month for our 30-Day Sit Up Challenge, the ninth challenge of our year-long series. Throughout the month you’ll increase the number of sit ups you complete and be amazed at your progress. Choose the beginner, intermediate, or advanced challenge. _REGISTER HERE!_