

What do you have to lose, **Tennessee?**

Join the Weight Loss Challenge today!
February 6 – March 30



1-888-741-3390

partnersforhealthcoach@apshealthcare.com

Regardless of your weight loss goal, ParTNers For Health can help you get started through the 8-week Weight Loss Challenge (February 6 – March 30)! ParTNers For Health is providing you and your family with tips, tools and support that can help get you on your way to a healthier weight.

SIGN UP IS EASY.

Click [here](https://www.partnersforhealthtn.org/library/weightlosschallenge) (<https://www.partnersforhealthtn.org/library/weightlosschallenge>) to take that first step!

TIPS:

Each week, you will receive helpful weight loss tips on the following topics, along with step-by-step action items and healthy recipes:

Week One: Weight loss basics. Learn why a healthy weight is so important. Find out your body mass index (BMI), waist measurement and overall body fat to determine your starting point.

Week Two: Eat right on the go. Whether you are at home, at work or on the road, find out helpful tips for building healthy meals and snacks.

Week Three: The power of fitness. Swimming? Dancing? Jogging? Find out what exercise can do for your overall health. Learn how to assess your fitness level and how to set attainable fitness goals.

Week Four: Overcoming barriers. Learn tips to keep you on track when life becomes hectic. Explore your commitment to your weight loss goals.

Week Five: Portion distortion. How much is too much? Learn more about serving sizes for both children and adults and how to control what goes on your plate.

Week Six: Water and weight loss. Find out about the role of water in our overall health and how it can contribute to weight loss. Discover how much water you should drink and how you can make sure you get enough throughout the day.

Week Seven: Maintaining motivation. Learn how to stay motivated and keep the weight off, even after the challenge has ended.

Week Eight: Tracking your success. Learn the ins and outs of different weight loss tools to keep you on track. Determine your 'after' body mass index (BMI), waist measurement and overall body fat.

Get Personal Coaching!

In addition to the weekly tips, you can always call a ParTNers for Health Coach for weight loss information, nutrition, exercise planning and health questions. Health Coaching is completely confidential and **FREE** to you!

Email: partnersforhealthcoach@apshealthcare.com

Phone: 1-888-741-3390, 8 a.m. to 8 p.m. CST, Monday – Friday