

# Scale Down for the Holidays and Keep the Pounds Off! Take the FCPS Fitness Challenge Maintain–Don't Gain!

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**Registration** begins November 5 and ends December 5

**Fitness Challenge** starts November 26 and ends January 7

Are you an annual victim of post holiday “tight clothes syndrome?” HR Wellness, in the Office of Benefits, has a plan to help you avoid the weight gain pitfalls that can abound during the holiday season.



HR Wellness will again offer all FCPS employees an opportunity to take part in the **Maintain Don't Gain (MDG) Holiday Fitness Challenge**. This is the third year we are offering the challenge which has proven to be a successful strategy to help many FCPS employees stay healthy and fit over the holidays. Last year, 1,300 employees at more than 120 sites participated. A post-challenge survey revealed that more than 80 percent of participants were able to either maintain their weight or lose weight by participating in this holiday fitness challenge.

## Here's how it Works:

The fitness challenge is open to all FCPS employees. Participants must register for the fitness challenge on My PLT (directions below) and pledge to do the following:



- Perform an aerobic activity—anything from walking, dancing, raking leaves, etc. –for a **minimum** of 30 minutes at least 5 days a week or more. The activity can be broken in to 2-15 minute or 3-10 minute intervals.



- Consume a minimum of at least 5 servings of fruits and vegetables (combined) every day.



- Perform at least one random act of kindness each day—after all it is the holiday season!

If you are unable to exercise 30 minutes or more a day due to a physical challenge but would like to participate, you can join in by pledging to perform an exercise routine which coordinates with your physical abilities and your physician's advice. If you are already performing at least 30 minutes or more of aerobic exercise five days a week, you can challenge yourself to cross train or increase the time or frequency of your sessions.



## Weekly Weigh-in

Every Wednesday, beginning with the Wednesday *before* Thanksgiving Day, participants do a self monitored weigh-in using the same scale each time at preferably the same time of day. The weigh-in is confidential and done using the honor system. Your weight is not collected or shared because the challenge is between you and yourself. Only you and your scale will know if you are cheating!



## HR Wellness Provides, Prizes, Support and Resources



Every week throughout the challenge, HR Wellness will email you:

- A reminder to do your weigh-in.
- A newsletter filled with fitness, nutrition, and stress management strategies to inspire and support your effort.
- Healthy recipes and interactive tools to help you succeed.

Participants will also have a chance to win weekly prize drawings for health related prizes such as cookbooks, lunch bags, exercise gear, yoga mats and more. You must be a FCPS employee and registered on My PLT for the challenge to be included in the prize drawings.



## Grand Prize-Seated Massages and Healthy Breakfast for a FCPS Site

On the final day of the fitness challenge—**January 7**—all of the names of the FCPS sites that participated will be placed into a grand prize drawing for a seated massage session and a healthy breakfast, compliments of Care First and Kaiser. One site will be chosen to win and the MDG participants from the chosen site will receive an invitation to the event.



## How to Register (registration deadline- December 5<sup>th</sup>)

You must be an FCPS employee to register for this fitness challenge and to be eligible for the prize drawings.

### How to register on My PLT for the MDG fitness challenge:

- Register for the challenge by going to My PLT <http://fcpsnet.fcps.edu/plt/MyPLT/index.html> and logging on.
- Then type **MDG** in the course offerings.
- Once on the MDG registration site you will click on “**view sessions**” and register for the session that contains the first letter of your last name.

- **Please ignore the Gatehouse location, 8- 4 time slot and instructor's names on the registration page. This information is there only as a set up function. Please do not call the phone number listed on My PLT.**
- Once you have successfully completed your registration, you will receive a confirmation email.
- If you have never logged onto My PLT before, simply click here: <http://fcpsnet.fcps.edu/plt/MyPLT/index.html> for log on directions. Once logged on, follow the above instructions. You will receive a confirmation email once you have successfully registered.
- If you should have any questions about your registration or are having problems registering for the challenge, email [mdg08@fcps.edu](mailto:mdg08@fcps.edu)

You will receive all of the materials needed to begin the MDG challenge by e-mail, including the MDG Pledge and daily log that you will sign and post in a prominent place to act as your mantra each day.



### **Why Not Buddy Up or Team Up!**

Consider starting a friendly competition with a neighboring school or department to add some motivation.

By using the support of friends and co-workers, receiving strategies and motivational tips as well as putting together a plan to keep active, you are on your way to maintaining your weight during a tempting six weeks. So get ready to Maintain-Don't Gain and remember: You've got nothing to lose!

**Please refer any questions regarding this fitness challenge to [mdg08@fcps.edu](mailto:mdg08@fcps.edu)**