

Healthier You Teams

Participating in Healthier You as part of a team is a great way to share encouragement, find motivation and compete for prizes!

Up to ten participants can join together to form a team. Team registration sheets will be available at the Healthier You 2012 Kick Off, during late registration at the PWSCC Wellness Center on January 24 - 26 and at the Civic Center after January 26. Participants who wish to be part of a team need to declare team membership within 14 days of registering as an individual with Healthier You by either creating a new team or joining an existing team.

Each team must have a team captain responsible for being the point of contact for team members. All teams must choose a team name when registering their team with Healthier You. In order to track team progress, it is recommended that all team members check in at the PWSCC Wellness Center during recommended check in weeks. These include:

Week 1 (January 24-26)

Week 3 (February 7-9)

Week 5 (February 21-23)

Week 7 (March 6-8)

Week 9 (March 20-22)

Week 11 (April 3-5)

Data gathered from log sheets turned in during recommended check in weeks will be used to assess team standings within the Healthier You competition. Team rankings will be posted on the Wellness Center Leader Board during Weeks 2-10.

At the close of Healthier You on Week 12, the top three teams that earned the most total points (weight loss AND activity points) will win great prizes!