



I LEFT MY HIPS ON ROUTE 66!

June 6th, 2011—July 29th, 2011

Do you have a weight loss goal? Join the "I Left My HIPS on Route 66" weight loss challenge. Pick up weight loss tips as you reach each 1% weight loss milestone. Lose 5% body weight at the end of the challenge to be entered into a \$50 cash prize drawing! Be sure to join the "Get your Kicks on Route 66" fitness challenge to inspire you to get the exercise you need to reach your goal. So join us on Route 66 and leave your hips behind!

STEP 1: JOIN THE KENTUCKIANA METRO ON THE MOVE!

- Visit www.khcollaborative.org and click the "Kentuckiana Metro on the Move" logo.
- This will direct you to the Kentuckiana Metro on the Move (KMOM) website, click "Join Today!"
- If you agree to the terms of the website, scroll down and click "Agree."
- Complete the user profile. If you wish to remain anonymous, please do not add a nickname to your profile or consider the nickname you enter. If your organization is not listed in the KMOM list, select "Public" for your workplace/organization. Click "Save."

STEP 2: JOIN THE WEIGHT LOSS CHALLENGE!

- Click "Challenges."
- Click "I Left My Hips on Route 66" challenge.
- Click "Join Challenge."

STEP 3: UPDATE YOUR WEIGHT WEEKLY!

- On the home page of the KMOM website, scroll down and in the "Update Your Weight" section, enter the date, current weight, and click "update."
- Be sure to enter your weight weekly to keep your track of your progress on the BMI graph.
- You will notice the leaders of the weight loss challenge by scrolling to the bottom of the screen.

STEP 4: ACHIEVE 1-5% MILESTONE WEIGHT LOSS TIPS & WIN \$50 CASH PRIZE

- You will receive weight loss tips and tricks at each 1% - 5% weight loss milestone you achieve.
- Lose 5% by the end of the challenge to be entered into a \$50 cash prize drawing. Your updated weight must be entered by August 1st to be eligible for the prize drawing.

*Consult your physician before starting a new exercise or weight loss program.

Underwritten by:

Coordinating Partners:

