



# HOLLYWOOD WEIGHT LOSS CHALLENGE

January 11th, 2010—March 7th, 2011

## Instructions and Prize Eligibility for Hollywood Weight Loss Challenge

### STEP 1: JOIN THE KENTUCKIANA METRO ON THE MOVE!

- Visit [www.khcollaborative.org](http://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 you’re 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 “Hollywood Weight Loss” 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 2 LB MILESTONE TIPS & WIN \$50 CASH PRIZE

- You will receive weight loss tips and tricks at each 2 lb weight loss milestone you achieve.
- Lose 10lbs by the end of the challenge to be entered into a \$50 cash prize drawing. Your updated weight must be entered by March 9th to be eligible for the prize drawing.

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

Underwritten by:

Coordinating Partners:

