



IN

The Villages[®]

America's Healthiest Hometown

Healthy Weight Challenge

Need help staying on track with your weight management goals? Let USF Health in The Villages help with the Healthy Weight Challenge.

Participants will receive:

- Weekly Body Composition Analysis screening*
- Healthy Recipes
- Recommended exercises
- Health education materials on weight management

What participants commit to:

- Setting their own goals for the 6 week program
- Participating in weekly Body Composition Analysis screenings*

The Healthy Weight Challenge is limited to 500 participants. There is no cost to participate.

Aggregate results (total pounds lost, total fat lost) may be reported but individual information will not be shared.

*Individuals that are pregnant or have an internal electronic medical device (pacemakers, etc) are not permitted to participate in the Body Composition Analysis screening but may still participate in the program.