



CAPITOL MALL

Fitness Challenge '12

Time to Choose Your Team!

Team up with your co-workers for the 10-week Challenge sponsored by the Idaho State Employee Wellness Program, Saint Alphonsus Regional Medical Center and Blue Cross of Idaho. Lose weight. Be more active. Have fun. Enjoy your coworkers.

Challenge dates: **1/30/12 to 4/9/12**. See your agency Wellness Contact for more details.

- Form an agency team
- Register for the weigh-in on 1/23 or 1/24 (required)
- Cost: \$5.00 payable to Saint Alphonsus
- Final weigh-out on 4/9 and 4/10