



Healthy Weight for Me Challenges

Weekly fun challenges to support a healthy life



This 8-week program features weekly challenges focused on weight management, and will run from April 13th – July 1st, 2021

Participants will complete beginning and ending measurements with Wellness Coach Tasha at the Elmbrook Schools Family Wellness Center. Weekly Challenges will be emailed to all participants.

Successful completion of the program:

- Beginning and ending measurements to include: Height, weight, blood pressure, and waist circumference.
- Beginning measurements: T/Th: April 13, 15, 20, 22
- Ending measurements: T/Th: June 22, 24, 29, July 1
- Regular appointments with the Wellness Coach throughout the challenge are recommended and encouraged.
- Weekly Challenges will be emailed to participants, which must be filled out and emailed back to Tasha.
- Completing of 7 of the 8 weekly email challenges will enter you in the drawing for a prize.

To Sign Up: [CLICK HERE](#)

Natasha Schultz, CWP
Wellness Coach

Tuesdays: 9:00am – 7:00pm
Thursdays: 7:00am – 3:00pm



ELMBROOK SCHOOLS
Family Wellness Center

Session Information:

Getting Started

- Schedule your beginning measurements appointment on April 13th, 15th, 20th, or 22nd

Completion of Program

- Schedule your ending measurements appointment on June 22nd, 24th, 29th or July 1st

To schedule your appointment, call the Wellness Center at: 262-214-1101 OR email Tasha at: natasha.schultz@healthstatinc.com

Weekly Email Challenges begin the Week of April 26th. Topics feature:

- Getting started – Set Goals
- Downsize your dinner plate
- Eat mindfully
- Get 5-A-Day
- 150 minutes of movement
- Pack a Healthy Snack
- Decrease added sugar intake
- Take time for something you enjoy!

