Why Weight?

Start building healthier habits now!

A 6-WEEK WELLBEING CHALLENGE

Why Weight? Start building healthier habits now!

Description: The six-week Weight Management Challenge is designed to support sustainable weight loss and improve overall health. Each week focuses on a different aspect of wellbeing, including goal setting, nutrition, physical activity, sleep, work-life balance, and confidence. By setting realistic goals, practicing mindful eating, incorporating regular exercise, and managing stress, participants will develop lasting healthy habits. Throughout the challenge, valuable tips and support are provided to help participants not only lose weight but also enhance energy, mobility, and confidence.

Challenge Goal & Tracking: The goal is to engage in weekly activities, meeting the specific challenge for each week (Monday - Sunday). Each week will focus on key area of wellbeing to help create healthier habits. Log and track goals by the end of each week.

*Note: Each week of this challenge requires tracking a different activity. The specific tracking instructions are listed after each weekly message.

Steps to Enroll (*Included in enrollment messages)

To register:

- Visit the mobile app or web-based portal.
- On the **Today** screen, locate and click on the ***Why Weight?*** banner
- Click **Enroll** to begin the challenge

Notice of Challenge Requirements (*Included in all messages)

Complete the challenge goal and log the required activity in the inHealth Wellbeing app or web portal by [date/time] for all six weeks to [earn/qualify for] [insert reward or incentive].

Introduction/Enrollment Message

Healthy weight loss takes time, consistency, balance, and most of all, COMMITTMENT! Rather than relying on fad diets or quick fixes, establishing healthy eating patterns, a regular physical activity routine, and stress management will help you reach and maintain a healthy weight.

During this six-week challenge, focus on key areas to make realistic and sustainable lifestyle changes to support your weight loss goals. Some of the benefits of losing weight and maintaining a healthy weight are:

- Improved blood pressure
- Lower cholesterol
- Reduced risk of heart disease
- Reduced risk of diabetes

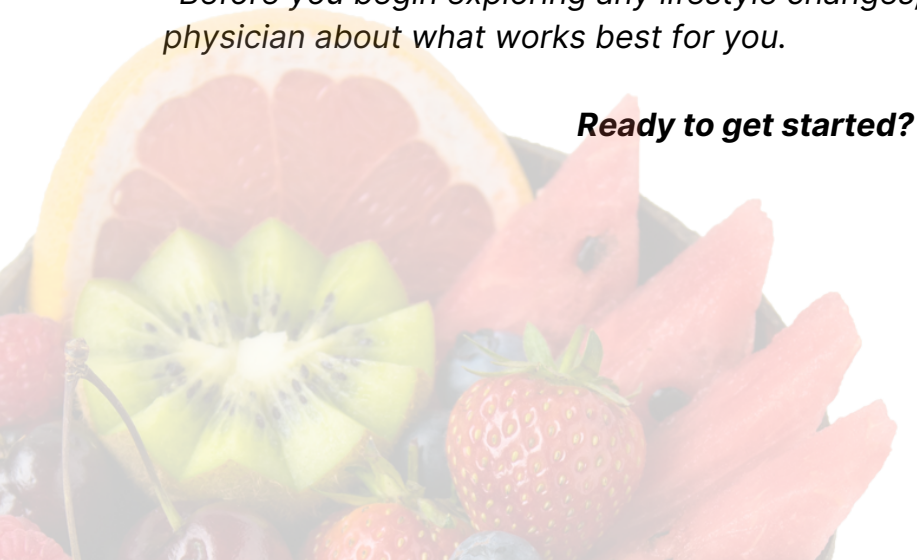
Each week, you'll receive valuable information and helpful tips about various dimensions of wellbeing to help you develop and balance a healthy lifestyle. At the end of this challenge, you'll lose weight and gain:

- Better Goal Setting
- Better Nutrition
- Better Energy & Mobility
- Better Sleep
- Better Balance
- Better Confidence

Focusing on your overall health and adopting healthy behaviors could be the most important investment of your life. Start by setting small, realistic goals at the beginning of each week and STAY THE COURSE to get satisfying results!

**Before you begin exploring any lifestyle changes, consult with your primary care physician about what works best for you.*

Ready to get started? Let's go!



Week 1 Better Goal Setting

Set realistic weight loss goals! Start with a clear vision and break it down into achievable steps.

Tips for Success:

- **Be Specific:** Aim for 1-2 pounds per week.
- **Focus on Behavior:** Prioritize sustainable habits like eating more fruits and veggies.
- **Set Short-Term Goals:** Break it down—5 pounds in a month.
- **Track Progress:** Use a food diary or app to stay motivated.
- **Adjust as Needed:** If progress stalls, tweak your routine.
- **Celebrate Wins:** Reward yourself for milestones.

Call to Action: Record your goals in the Wellbeing Journal on the inHealth app or portal. Review and update them regularly. Keep your "why" in focus!

To track your goals:

- Click on **Health Tracking** from the main menu on the inHealth Wellbeing the mobile app or web-based portal.
- Click on the **Tracker** menu to the right of your screen.
- Select the **Wellbeing Journal**.
- Click the plus icon.
- Enter the date you are tracking.
- Enter your goals (You may update your log daily).
- Click **Add.**

Week 2 Better Nutrition

Mindful eating helps you become more aware of your eating habits and fosters a positive relationship with food.

Tips for Mindful Eating:

- **Slow Down:** Chew thoroughly to savor your food.
- **Focus on Senses:** Pay attention to taste, texture, and smell.
- **Avoid Distractions:** Eat without TV or phone distractions.
- **Listen to Your Body:** Stop when satisfied, not when the plate is empty.
- **Be Non-Judgmental:** Focus on positive food choices.

Call to Action: Track your food intake for the week. Focus on whole, nutrient-dense foods, and stay hydrated by avoiding sugary drinks.

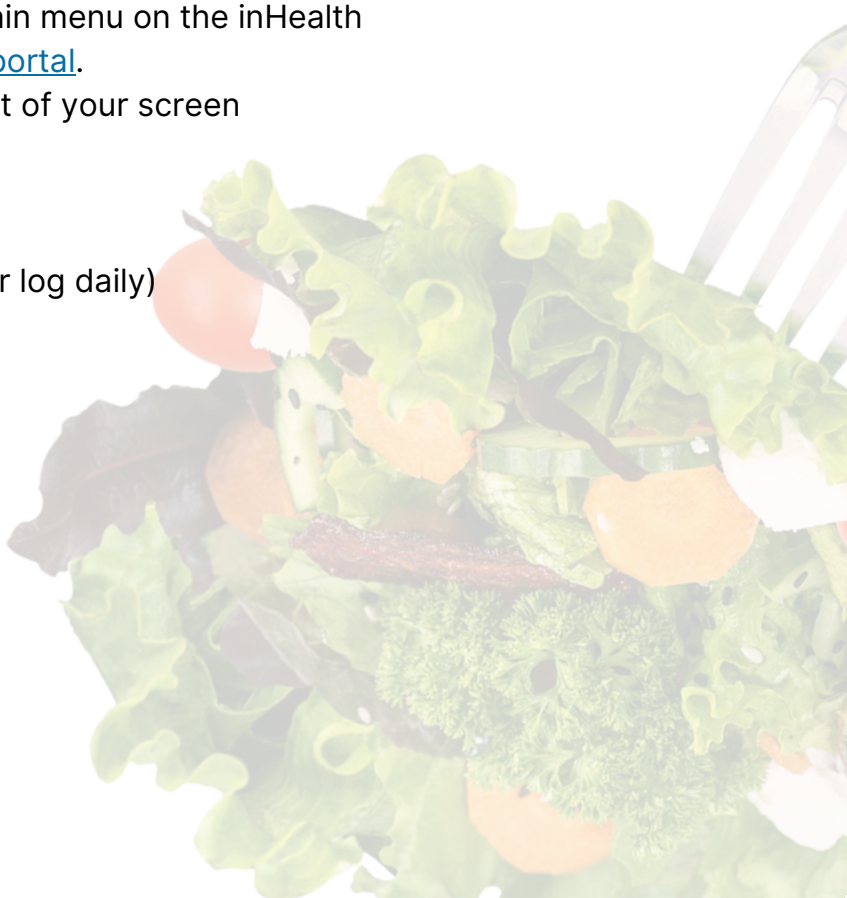
Button: Smart Food Choices

Don't forget to stay hydrated! Drinking is not only good for you, it helps you avoid the extra calories in sugary drinks such as soda and juice.

Button: Common Myths About Nutrition

Track activity in the app:

- Click on **Health Tracking** from the main menu on the inHealth Wellbeing mobile app or web-based portal.
- Click on the **Tracker** menu to the right of your screen
- Select **Vegetable/Fruit**
- Click the plus icon
- Enter the date you are tracking
- Enter your data (You may update your log daily)
- Click **Add**



Week 3 Better Energy & Mobility

Regular physical activity boosts mood, strengthens your body, and improves overall health.

Tips for Staying Active:

- **Set Realistic Goals:** Start small and gradually increase.
- **Choose What You Enjoy:** Pick activities you like.
- **Mix It Up:** Vary your routine with different exercises.
- **Schedule It:** Make exercise a regular part of your day.
- **Listen to Your Body:** Rest when needed.

Call to Action: Start with low-intensity activities and gradually increase intensity. Track your progress to stay motivated.

[Button]: Here are some simple workouts to help you get started! (Video)

**Before you begin exploring any lifestyle changes, consult with your primary care physician about what works best for you.*

Track activity in the app:

- Click on **Health Tracking** from the main menu on the inHealth mobile app or web-based portal.
- Click on the **Tracker** menu to the right of your screen
- Select **Activity**.
- Click the plus icon.
- Enter the date you are tracking.
- Enter your data (You may update your log daily).
- Click **Add**.

Week 4 Better Sleep

Good sleep is crucial for weight loss and overall wellbeing.

Tips for Better Sleep:

- **Stick to a Schedule:** Go to bed and wake up at the same time daily.
- **Create a Relaxing Routine:** Wind down with calming activities.
- **Make Your Environment Comfortable:** Ensure a cool, dark, quiet room.
- **Limit Screen Time:** Avoid screens an hour before bed.
- **Avoid Stimulants:** Skip caffeine and alcohol before bed.

Call to Action: Aim for 7-9 hours of sleep each night and track your sleep habits to improve them.

Track activity in the app:

- Click on **Health Tracking** from the main menu on the mobile app or web-based portal.
- Click on the **Tracker** menu to the right of your screen.
- Select **Sleep Tracker**.
- Click the plus icon.
- Enter the date you are tracking.
- Enter your hours of sleep (You may update your log daily).
- Click **Add**.

Week 5 Better Balance

Work-life balance impacts your health and weight loss efforts.

Tips for Better Balance:

- **Set Boundaries:** Keep work and personal time separate.
- **Prioritize Self-Care:** Make time for activities that reduce stress.
- **Learn to Say No:** Avoid overcommitting to reduce stress.
- **Take Breaks:** Regular breaks boost productivity and well-being.
- **Unplug:** Disconnect from technology to recharge.

Call to Action: Track your time and adjust your schedule to prioritize what matters most.

Track activity in the app:

- Click on **Health Tracking** from the main menu on the mobile app or web-based portal.
- Click on the **Tracker** menu to the right of your screen.
- Select **Wellbeing Journal**.
- Click the plus icon.
- Enter the date you are tracking.
- Enter your data (You may update your log daily).
- Click **Add**.

Week 6: Better Confidence—Maintain Motivation!

Confidence-building is key to staying motivated on your weight loss journey.

Tips for Building Confidence:

- **Celebrate Successes:** Reward yourself for milestones.
- **Surround Yourself with Support:** Find a support group or accountability partner.
- **Focus on the Positive:** Emphasize the health benefits of your progress.
- **Challenge Negative Thoughts:** Replace them with positive affirmations.
- **Keep Things Interesting:** Mix up your routine to avoid boredom.

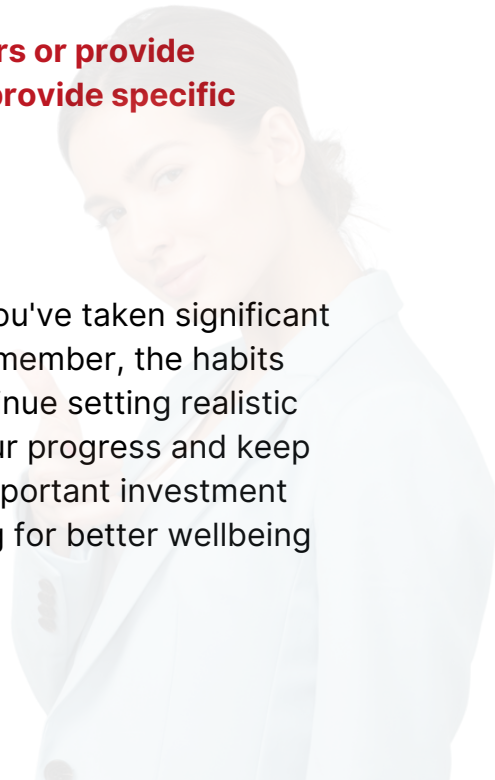
Call to Action: Spend 15 minutes daily reflecting on your progress and recording your thoughts in the inHealth app.

Track activity in the app:

- Click on **Health Tracking** from the main menu on the mobile app or web-based portal.
- Click on the **Tracker** menu to the right of your screen.
- Select **Wellbeing Journal**.
- Click the plus icon.
- Enter the date you are tracking.
- Enter your data (You may update your log daily).
- Click **Add**.

Final Message:

[Optional and Client-specific. Can be used to announce winners or provide information/instructions regarding rewards, etc. Client must provide specific desired content via Help Ticket]

Congratulations!

Congratulations on completing the **"Why Weight?"** Challenge! You've taken significant steps towards achieving a healthier, more balanced lifestyle. Remember, the habits you've built over the past six weeks are just the beginning. Continue setting realistic goals, making mindful choices, and staying active. Celebrate your progress and keep pushing forward. Your commitment to your health is the most important investment you can make. Stay motivated, stay dedicated, and keep striving for better wellbeing every day. You've got this!