



INVITATION LETTER TO EMPLOYEES

For the next 10 weeks, **Via! Health, Fitness, and Enrichment** will be participating with hundreds of other organizations in a statewide weight-loss program called "Scale Back Alabama." The program is designed to capitalize on those New Year's resolutions and create a fun atmosphere for weight loss and physical activity. We're asking employees interested in losing weight to form teams of four individuals (including a captain) and to sign up during the week of Jan. 23 - 29.

The goal of the contest is to get each individual on a team to lose one pound per week for a total of 10 pounds during the contest. For every individual who completes the 10-week contest and loses at least 10 pounds, his/her name will be placed in a drawing for one of 50 statewide prizes of \$100 each. For the team that maintains all of its original team members throughout the contest with each team member losing at least 10 pounds, the team name will be placed in a drawing for one of three grand prizes (first team drawn will win \$250 each, second team drawn, \$500 per team member, and the third team drawn will win \$1,000 per team member). Prize winners will be announced on April 28 in Montgomery and will later be posted on www.scalebackalabama.com.

Maybe you've thought about eating healthier, but just needed that extra push; well here's your chance. To participate, come to Via! Health, Fitness, and Enrichment at 1717 Dauphin St. in Mobile, AL between the hours of 8am to 8pm the week of January 23rd- 29th. Your team can sign up and have its first official weigh-in. Individual beginning and ending weights will be kept (confidentially) on each participant, as well as the weight of each team.

For more information on our company's efforts, contact **Brock Cole** at **251-478-3311**
For information on the statewide contest, along with weight-loss tips and other resources, go to www.scalebackalabama.com (or refer them to your company's Web site and link the Scale Back Alabama site to your site).