# The Healthier You Challenge

HEA

Commit to Meeting Your Health and Wellness Goals in 2021

## Your Health is Our Mission.

That's why CalvertHealth Community Wellness strives to ensure every member of community is meeting their health and wellness goals.

Small steps can lead to big changes and whether you're trying to shed a few pounds or cut back on fat and sugar – you're not alone.

Make 2021 the year you meet your health and wellness goals by signing up for **The Healthier You Challenge**. We will provide the tools, support and accountability needed to help you on your journey to wellness.

#### Here's how it works:

- Participants age 12 and up can register online (CalvertHealthMedicine.org/Events)
- After you have completed registration, we will contact you to set up an in-person appointment to record your starting biometrics and establish individual goals
- The challenge will begin January 1 and run for 12-weeks, ending March 26

### Select the package that's right for you:\*

#### \$75 GOLD PACKAGE\*

- (1) 30-minute one-on-one nutrition consultation (completed virtually)
- Starting and ending biometrics (measurements, weight)
- Personal fitness goals
- Schedule weekly weigh-in
- Accountability calendar
- Weekly eNewsletter with tips and instruction
- Weekly Zoom support group

#### Choose to customize your Gold Package with the following add-ons:

- One-time individualized meal planning/grocery list, \$22
- (3) Additional one-on-one virtual nutrition consultations, \$60 for all three
- (2) 45-minute fitness classes (virtual/pre-recorded), \$80 for 12-weeks, per device
- (1) One-on-one fitness consultation, \$20

#### \$180 PLATINUM PACKAGE\*

Includes everything listed in the Gold Package + ALL package add-ons listed above.

\*Scholarships are available for those who qualify.



