



JOIN THE RIGHT THIS WEIGH ONLINE CHALLENGE AND WIN PRIZES!



Get on the path to a healthy weight with the new online wellness program – Right This Weigh. There's no tremendous sacrificing, endless calorie counting, or adding up fat grams. It's about practicing everyday habits that lead to a healthy weight.

In this 8-week program, your goal is to earn **400 virtual miles** by recording your healthy habits and activities. You can use a tracking device to record your daily steps or manually enter your activities to convert them to steps.

This is an individual and team challenge (teams of 3-6). Start recruiting your team members to join you for the challenge!

Participants who reach certain milestones throughout the challenge will qualify for prizes.

All County of Sacramento employees are eligible to participate in the Right This Weigh Challenge.

IMPORTANT DATES



Registration dates: February 14 – March 9, 2020

Challenge dates: March 2 – April 26, 2020



Register here:

<https://countyofsacramento.gorightthisweigh.com/>



**Questions? Contact the Benefits Office at
MyBenefits@saccounty.net**

The Right This Weigh Challenge is sponsored by the Sacramento County Commit to be Fit Employee Wellness Program.

Sacramento County



Commit to be Fit
Employee Wellness Program



Join the County of Sacramento Spring Online Wellness Challenge—Right This Weigh! Log your exercise, nutrition, and other healthy behaviors as you earn virtual miles and visit trails around the world. Check out the many ways you can earn gift cards and rewards! Compete as an individual and/or join a team!



RIGHT THIS WEIGH REWARDS

Incentive Category	Action Required by Participant	Awards
Early Registration Drawing (10 participants randomly selected)	Be one of the first 100 registrants	Cookbook (10)
Week 4 – Mid-program Drawing (10 participants randomly selected)	Earn 200 virtual miles by March 29, 2020	Body fat scale (10)
Team Competition (Top 3 teams)	Be one of the top 3 teams (teams must be a minimum of 3 and maximum of 6 members to qualify for the team prizes; drawing if there is a tie.)	\$50 reward gift card (each team member wins gift card)
Individual Competition (Top 5 individuals)	Be one of the top 5 individual participants (drawing if there is a tie)	\$50 reward gift card
Individual Participation (20 participants randomly selected)	Earn 400 virtual miles to successfully complete the challenge	\$25 reward gift card (20)
Grand Prize Drawing – Individual Participation (3 participants randomly selected)	Earn 400 virtual miles to successfully complete the challenge	Fitbit Charge 3 (3)
Complete the Evaluation (10 participants randomly selected)	Complete the evaluation at the end of the program	Wireless earbuds (10)

* Please note that drawing prizes and gift cards are taxable by the IRS as employee income.

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