



"Step Into Wellness"

Your District's employee wellness program  
invites you to participate in



## Weight Management Program

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.

You can participate as an individual and also have the option to form a team of 4-5 coworkers to support each other as you travel along your chosen trail to reach goal(s) over the course of 12 weeks. With **Right This Weigh** you will track your weight, nutrition, sleep, and physical activity. Your weight will be kept confidential. Details are posted on intranet "Employee Safety and Wellness" page.

**Register online or mobile phone URL: <https://scusd.gorightthisweigh.com>**

### Important dates!

**Registration opens: Wednesday, January 23<sup>rd</sup>**

**Start date: Monday, February 4<sup>th</sup>**

**Last day to register: Sunday, February 17<sup>th</sup>**

### Team prizes

There will be prizes for first and second place team based on points earned on average for team not pounds lost. First place Team Leader: Gym bag with workout equipment  
Team members: water bottle, ear buds, and t-shirt.

Second place Team Leader: water bottle, ear buds, and t-shirt. Team Members: choice of water bottle, ear buds, or t-shirt.

**Participation prize drawings for all participants, regardless if you on a team or not.** Everyone who logs in at least once each week will be entered into prize drawings at mid-point and at the end of the challenge. Prizes: lunch tote, salad keeper, water bottle, and more.

### **Right This Weigh online program is sponsored by Heath Net**

*Right This Weigh* is restricted to Active employees only (no retirees or dependents).

If you have questions or would like additional information click on "contact us" on registration welcome screen or email Cathy Rasmusson, SCUSD Wellness Coordinator, at

[healthybusiness2@gmail.com](mailto:healthybusiness2@gmail.com).