

Biggest Winner 2008



Steps to a Healthier U!

Sign-up Today!

Visit www.svsu.edu/biggestwinner

Or e-mail: hcricht@svsu.edu

Or call Hilary Crichton, Health & Wellness Educator at 964-2294

Orientation

Participants must attend one of four mandatory Orientations the week of February 4th.

- Monday, 2/4 from 5-6:00p.m. in the Alumni Lounge
- Tuesday, 2/5 from 6-7:00p.m. in the Alumni Lounge
- Wednesday, 2/6 from Noon - 1:00p.m. in the Alumni Lounge
- Thursday, 2/7 from Noon - 1:00p.m. in the Alumni Lounge

Body Analysis

Participants will have an opportunity to get height, weight, measurements and body fat %.

- Friday, 2/8 from 2-5:00p.m. in Banquet Room C

The **Biggest Winner Program** is designed to provide you with a fun, educational experience that helps you work towards healthy nutrition, fitness and lifestyle goals. The program runs 10 weeks and will help you develop and sustain a plan for a healthier you!

As a participant in the **Biggest Winner Program**, you can take advantage of the following:

- ✚ Pre program Health Risk Assessment and Body Analysis
- ✚ Goals List
- ✚ Food Journal
- ✚ Online Exercise Log
- ✚ Special Fitness Center access with assistance to learn the equipment.
- ✚ Weekly presentations on nutrition, fitness, emotional and physical health.
- ✚ Weekly support meetings.
- ✚ Post program Health Risk Assessment
- ✚ **PRIZES!** Lots of prizes will be given during the Biggest Winner Program Celebration that will take place at the conclusion of the program.

Sponsored by Counseling & Health Services, Dining Services & Student Association