



# DFAS Indianapolis Wellness Council's **2020 BIGGEST LOSER CHALLENGE**

Challenge will be from  
**February 17, 2020 to May 29, 2020** *15 Weeks*

**All employees** located in the Major General Emmett J. Bean Federal Center are eligible to participate

The **Biggest Loser Challenge** is a contest in which eligible participants compete to lose weight during the specified period. At the end of the challenge, the male and female with the highest percentage of weight loss will be the **Biggest Loser Champions!**

## How to participate:

Sign up by emailing a **POC** requesting to participate (deadline of February 12<sup>th</sup>), attend required weigh-ins, adopt healthy habits to lose weight, and participate in optional wellness activities. *A personal progress package will be given once challenge starts containing full details of the challenge.*

## Prizes:

Monthly prizes: wellness prizes for highest participation in wellness activities  
Final prize: highest percentage of weight loss *male and female*

POCs: **Lora A Clayborne:** [lora.a.clayborne.civ@mail.mil](mailto:lora.a.clayborne.civ@mail.mil) & **Gloria J Hill:** [gloria.j.hill24.civ@mail.mil](mailto:gloria.j.hill24.civ@mail.mil)

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**ASMC INDY**  
[asmcindy.org](http://asmcindy.org)



NOTE: The Wellness Council does not support the implementation of severe calorie restriction and/or other forms of unhealthy weight loss strategies. If unsure on where to begin, please consult your physician and/or other medical professionals.