



Semi-Annual WEIGHT LOSS CHALLENGE



Work Together, Lose Together; Everybody Wins!!

<p>Event Details: MARCORLOGCOM HQ 30-Day Fall Challenge (Teams of 4) Weigh-In Kick-Off on 21 October 2014 (All Day *By Appointment Only*)</p> <p>Weekly Weigh-In every Thursday (All Day *By Appointment Only*) Last weigh-in: 19 November 2014</p> <p>Mandatory weigh-In location: IE&S Office, RM138 1st Floor Bldg 3700 MicroFit Physical Assessment Machine</p> <p>POC: Christopher Shaw x7822 Command Safety Specialist/ Health & Wellness Program Manager</p>	<p>Disclaimer: A healthy diet combined with a solid physical fitness routine is paramount to any weight-loss endeavor. If you have any pre-existing conditions or concerns, please refer to MARCORLOGCOMO 1700.29A via MCLC Health & Wellness website. All participants must be enrolled in the program. See website for details...</p> <p>1st, 2nd, & 3rd place award (Certificates of Achievement) will be given at a special ceremony following the event. Awards will be based off of overall team body fat % lost. (Tentative Date of 25 Nov 2014)</p>	<p>Website & Available Resources: http://www.logcom.marines.mil/Centers/SpecialStaff/IEandSafetyOffice/HealthWellness.aspx</p> <p>Daniel's Fitness Center x6234 Hours of Op: Mon-Fri 0530-2030 Sat-Sun 0900-1500</p> <p>MCLB Nutritionist: x0234 (*By Appointment*) Mon & Thurs 1100-1830 ; Wed 0630-1400</p> <p>Fitness Tracking Tool (Wellness Activities) http://www.logcom.marines.mil/Centers/SpecialStaff/IEandSafetyOffice/HealthWellness/trackingform.aspx</p>
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