Weigh and Win Program

Weigh and Win is a community program that helps people incorporate healthy eating and active living habits into their daily lifestyle. The program is FREE to all Colorado adults age 18 and over. Weigh and Win is available in communities across Colorado through the partnership of many community organizations who champion the program and through funding and support from Kaiser Permanente.

**ENROLL** Sign up for free at [www.WeighandWin.com](http://www.WeighandWin.com) or at any kiosk.

**PERSONALIZED COACHING** Receive daily personalized coaching by email and/or text message on healthy eating and active living. Coaching includes daily meal plans, daily exercise plans, tips for overcoming barriers, weekly grocery shopping lists and more. Personal health coaches are available for additional support by phone or email.

**TRACK YOUR PROGRESS** Track your progress with quarterly weigh-ins at private, community kiosks. The kiosk takes your photograph and weight measurement, which you can then access on your private, online dashboard. See back for full list of kiosk locations.

**SUCCESS REWARDED** Quarterly cash rewards are earned for weight improvement (available for participants who join with a BMI > 25) and for maintaining a weight loss. All participants are eligible for monthly prize drawings just for participating.
Other Ways to Engage

TEAM CHALLENGES - Get competitive, get results! Team challenges are offered twice a year, February - April and August - October. Create teams of 4-8 people and compete against others across the state for most weight loss (%) or most HEALTHpoints. Top three teams in both categories win great prizes and a $1,000 charity donation.

HEALTHPOINTS - Earn prizes for engaging in the program. Weighing-in, opening emails, taking health quizzes and more will earn you points. Monthly drawings for Fitbit activity trackers, bicycles, CO State Park Passes, iPods, gift cards and more!

FACEBOOK - Like us on Facebook (Facebook.com/WeighandWin) for fun health information and to talk with other participants in the program. You can also share your success on Facebook from your dashboard.

FITBIT ACTIVITY TRACKERS - Sync your Fitbit with Weigh and Win and track your activity and health progress in one simple spot.

Kiosk Locations

- Alamosa – San Luis Valley Regional Medical Center
- Arvada – Apex Center
- Aurora – Kaiser Permanente East Denver Medical Office, Aurora Central Library, Aurora Mental Health, mobile kiosk with Aurora Public Schools.
- Coming Soon - Expo Recreations Center, Beck Recreation, Aurora Center for Active Adults
- Boulder – North Boulder Recreation Center, East Boulder Community Center
- Brighton – Kaiser Permanente Brighton Medical Office
- Brush – East Morgan County Hospital
- Cañon City - Recreation District Office, mobile kiosk with Fremont County Health & Wellness
- Castle Rock – Kaiser Permanente Castle Rock Medical Office, Castle Rock Adventist Hospital
- Centennial – Goodson Rec Center, Cherry Creek Instructional Support Facility (ISF), mobile kiosks with Cherry Creek School District
- Colorado Springs – Southeast YMCA, East Library, American Furniture Warehouse
- Commerce City – Commerce City Rec Center
- Craig – Northwest Colorado Health
- Denver – Kaiser Permanente Franklin Medical Office, Denver Health, Mexican Consulate (CREA), Denver Public Library, Denver Human Services, Rocky Mountain Fire Academy, Webb Municiple Building, Denver Police Academy
- Eads – Weisbrod Memorial County Hospital
- Evans – Sunrise Community Health: Monfort Family Clinic
- Firestone – Carbon Valley Library
- Fort Collins – American Furniture Warehouse
- Glendale – CO Dept. of Public Health and Environment
- Glenwood Springs – Mountain Family Health Center
- Grand Junction – American Furniture Warehouse
- Greeley – Centennial Park Library, My Health Connections North Colorado Medical Center,
- Highlands Ranch - Kaiser Permanente
- Lafayette – Bob B Burger Recreation Center, Good Samaritan Medical Center
- Lakewood – American Furniture Warehouse, Kaiser Permanente Lakewood Medical Office
- Lamar – Prowers County Public Health
- La Junta - Southeast Health Group
- Las Animas – Las Animas Bent County Library
- Leadville – Lake County Public Health Agency
- Littleton – Douglas H. Buck Community Rec. Center
- Longmont – Longmont Library, mobile kiosks with St. Vrain Valley School District, mobile kiosk with City of Longmont
- Louisville – Louisville Recreation Center
- Loveland – Kaiser Permanente Loveland Medical Office, McKee Medical Center
- Ordway – Ark Valley AccuMed
- Parker – American Furniture Warehouse
- Pueblo – YMCA, American Furniture Warehouse
- Springfield – Southeast Colorado Hospital
- Steamboat Springs – Northwest Colorado Health
- Thornton – Carpenter Rec Center, American Furniture Warehouse, Clinica Family Health Services
- Westcliffe – Custer County Medical Center
- Westminster – American Furniture Warehouse, Kaiser Permanente Westminster Medical Office
- Walden – Jackson County Indoor Swimming Pool
- Wheat Ridge – Lutheran Medical Center
- Yuma – Yuma District Hospital

For more information | www.WeighandWin.com | 303.694.8007