



Keep It Steady!

Join This 6-Week Online Challenge and Gain Tools to Help You Maintain a Healthy Weight.

The Keep It Steady Challenge motivates you to perform a series of healthy behaviors that have been shown to aid in

maintaining a healthy weight.

Each activity you perform helps you get closer to reaching your challenge goal. And... you can earn bonus points for each week you maintain or lose weight!

For Detailed Information on Keep It Steady!

Go to this link (or snap QR Code):

<http://vimeo.com/user36582690/coa>

Password:
COA2015



Employees, Spouses and Domestic Partners...

REGISTER TODAY!

Enrolling takes just a few clicks! Follow these steps:

1. Navigate to My Wellness Workshop at: **mywellsite.com/tavihealth/Albuquerque**
2. Read and approve the Terms of Service agreement.
3. Complete your profile and when prompted, use your organization password: **COA2015**
4. Once you've set up your profile and formed or joined your team, you are ready to go! The challenge runs February 16 to March 29.
5. Need assistance? Click on the "Help" link and select "Contact Us" to contact the Wellness Workshop Support Team. We're here to help!



BetterHealth

CITY OF ALBUQUERQUE AND PARTICIPATING GOVERNMENT ENTITIES