



## The 6th Annual Granville-Vance Weight Loss Challenge

### Week one! Here we go!

Hello Captains and Teammates!

We hope you have gotten off to a great start with your challenge despite the unusual weather! We hope many of you managed to get out to Gwen Hernandez' **KICK-OFF ZUMBA** class that she offered last night at HIX GYM in Oxford - Thank you Gwen!

We certainly appreciate her willingness to offer the class for free and Oxford Parks and Rec for sharing their space :-). Please remember to check out the class schedule and partner list to see if there are other opportunities that could support you in your efforts. I know several co-workers checked out the free class at the YMCA at lunchtime today 📅📱📞 And if you **DO** take advantage of anything, please remember to thank the facility you attended for their support of our challenge (they are listed below, and the activity calendar and partner list is **can be accessed [here](#) and the facility details [here](#)**).

- Henderson Family YMCA
- Henderson Vance Recreation Center
- Studio Mainstreet
- Oxford Parks and Recreation Department
- BodyWorx
- The Road to Fitness
- Starting Fresh Nutrition

Of course, whether you visit one of our partners or not, remember that **exercise is a key piece of staying healthy**, and we all ought to be trying to get **150 or more minutes a week** of activity, whatever we do, and wherever we do it!

In the meantime, I will try to send a message out at least once week, and Heather will be posting on her blog twice a week [The Road to Better Health...](#) We hope this will give you enough information to keep you on track!

To get you started, we hope the **Rate Your Plate** handout ([English here](#) [Spanish here](#)) will help you ponder your current habits and determine if there are some areas that could improve. It's pretty straightforward - the more things on the list that you do "most days",

the better it is for you! All you need to do is pick a few areas to work on and try to increase your frequency 🖨️📧📧

Please let us know if you have any questions, and captains, please **be sure to share the information from this message** with your teammates that do not have email. We want everyone to have the best possible chance to succeed at his/her goal.

On behalf of your Weight Loss Challenge Team, I wish you a great week-end and ask you to remember to **Eat Smart and Move More!** 🖨️📧📧📧

*Jackie Sergent and the Weight Loss Challenge Team  
Maria Parham Medical Center, Henderson Family YMCA, and the Granville-Vance District Health Dept.*

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