

# Attention TCSIG Members!



Now Enrolling:  
TCSIG Wellness  
Center's 12 Week  
Fitness Challenge!

July 12, 2021 - September 27, 2021

Limited to the first 1,000 TCSIG members

## MAKE YOUR HEALTH A **Priority!**

- Pre-Register with the Wellness Center by June 25, 2021 on the **Patient Portal**
- Already registered with the Wellness Center? contact the staff to confirm enrollment (530) 822-5500
- Participants will be enrolled with the free fitness app, **mybodysite.com**
- Challenge begins Monday, July 12, 2021

## WIN THE BATTLE! **Accountability!**

Members are *required* to check-in weekly on mybodysite.com and log the following:

- Weight and body measurements
- Exercise activity
- Review meal plans and goals
- Local to Yuba City? Group walks around the neighborhood will be held Monday through Friday at the clinic at 8:30 AM.

## Your Clinicians want you to **Succeed!**

Look forward to weekly updates via email :

- Videos from your clinicians explaining each phase and how to set yourself up for optimal results;
- New exercises and proper technique;

## WEIGHT LOSS ROADMAP



## GET TO YOUR OPTIMAL HEALTH FOR **Life!**

Lifestyle changes during 5 phases in 12 weeks:

### Prep for success

*July 1-July 11*

What you need:

A scale, water bottle, soft tape measurer, healthy food for meal planning and download the mybodysite app

### Phase 1 (*Week 1*)

*July 12-July 18*

Clean out and get ready for success! Throw out the junk food and fill up that water bottle!

### Phase 2 (*Weeks 2-5*)

*July 19-August 15*

Elimination kicks in! Learn what foods need to be eliminated.

**Don't Panic!** These foods are reintroduced

- Healthy recipes;
- Importance of adequate water intake; and
- Much more!

**"A little progress each day adds up to big results."** - unknown



Patient Portal Pre- Register  
Wellness Center  
Schedule Appointment  
[mybodysite.com](http://mybodysite.com)

Phase 3 (*Week 6*)  
*August 16-August 22*  
Reintroduction a healthier way!

Phase 4 (*Weeks 7-10*)  
*August 23-September 12*  
Transition and Exercise, where the FUN begins prepping for the final stage and getting physical!

Phase 5 (*Weeks 11-12 & Beyond!*)  
*September 13 - September 27*  
Healthy Lifestyle for LIFE!

## Winners!

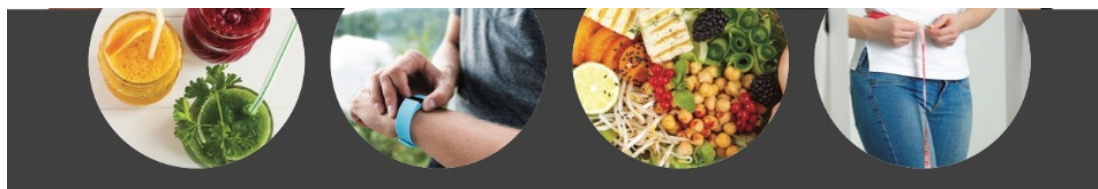
Announced October 1, 2021

10 Apple Watches will be awarded for the following:

- Most improved A1C level (diabetic and pre-diabetic)
- Weight Lost (male and female)
- Inches Lost
- Most improved Lipid Panel
- Steps Walked
- Weigh-ins at clinic
- Walks with Clinician
- Perseverance Award

**Spirit Trophy will be awarded to school district with the most participants to complete the challenge**

The Weight Loss Roadmap is the last diet you'll ever need. Why? Because this is not a "diet" in the way you think of diets. Losing weight and getting to the healthy size and shape that your body is meant to be at, is not about a diet. It's about a lifestyle change. This roadmap is your complete guide to losing weight and keeping it off, for life. [Learn more](#)



TCSIG Wellness Center (530) 822-5500