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### Children's Launches "Mission: Slimpossible"

*An opportunity that could change your life.  
 An offer you can't refuse.  
 The mission you should accept.*



Have you ever watched NBC's hit series "Biggest Loser" and been inspired? Have you followed the "Erika Is Losing It" blog since it started, cheering on Erika's progress? Have you read Strong4Life success stories, like Paula Hickman's, and thought perhaps you, too, could see health results if you had the time, resources or motivation? Well, now you can.

Children's will launch Mission: Slimpossible Aug. 13. We know that many of you want to make health changes—you just may not know where to start. Here's your opportunity. [Apply to participate in Mission: Slimpossible.](#) (Please answer all of the questions thoughtfully and thoroughly. Let the Strong4Life team know why you really want to participate. Be sure to include your height, weight and manager's signature. Applications without these items will not be considered.)

#### The Details

Strong4Life designed Mission: Slimpossible after The Biggest Loser to help employees with a BMI greater than 30 become healthier. During the 12-week program (Aug. 13 - Nov. 2), 10 teams of five employees will compete against each other during fun weekly challenges that entail moving gravel, creating recipes from a list of random ingredients and kicking a ball through the figure 8 (just to name a few). Our Children's fitness trainers and nutritionists will give the teams expert support and guidance. Unlike The Biggest Loser, participants don't have to worry about public weigh-ins or being voted off.

"We designed Mission: Slimpossible as a fun way to get employees engaged in becoming healthier. The goal of the program is give those employees ready to make a change the jumpstart they need through an incredible support system," says Holly Ifner, Manager, Wellness & Worklife.

The program is a true team effort – and the support is constant. Each week, Strong4Life will send participants emails filled with relevant health and wellness news, tips and strategies to get the most from workouts. Each team is assigned a fitness trainer and nutritionist that will provide one-on-one coaching and help set weekly goals. Don't worry. Jillian Michaels did not join Children's. Our Strong4Life staff, as most of you know, is supportive and friendly. They are prepared to give participants an extra push when needed, but shouldn't cause extreme pain or tears.

Strong4Life also created an online Mission: Slimpossible Yahoo Group, exclusively for contestants to share ideas, find out what is working for others and read relevant information pertaining to the overall wellness journey they're on together.

#### The Winners (and Incentives)

Throughout the program, the teams that win weekly contests receive prizes. At the end of the program, the members of the winning team with the greatest percentage of body weight loss will receive a day at the spa, \$500 clothing shopping spree and healthy lunch—complete with limousine service to and from each venue. In addition, Children's will cover the costs for a 6-month gym membership (up to \$50/month). The participant who has the greatest percentage of body weight loss wins a one-week's stay (including airfare) at the Biggest Loser Resort in New York.

#### Ready to sign up?

To join this mission, you must have a BMI greater than 30 (use this [online BMI calculator](#) to check yours) and be a benefits-eligible staff member (the program is not open to PRNs). As part of the mission, you also must be willing to do the following:

- Complete a quick and easy pre-consult form prior to program start.
- Complete a biometric screening during first and final weeks of competition.
- Participate in weekly consultations with your fitness trainer/nutritionist. You'll submit your food/exercise tracker (Strong4Life will provide) and complete a weigh-in (Children's will never share your health information)
- Exercise at least three times a week, once will be during your team's Last Chance workout.
- Participate in weekly team challenges.
- Wear your Actiped each day.

Now, you know the challenge. If you're ready to accept it and take your health and wellness to the next level, [submit an application by July 25](#). Print it out then fax it to 404-393-9267 (Attention: Mission: Slimpossible); scan and email it to [strong4life@choa.org](mailto:strong4life@choa.org); or send it via inter-office mail to Christa Davis, 1600 Tullie Circle. Don't worry, the application won't self-destruct.

Remember, Mission: Slimpossible is only open to 50 employees. It will fill quickly, so don't delay in applying. If you're uncertain about participating, contact your campus trainer or nutritionist for more information. You also can learn more by reviewing the [Mission: Slimpossible FAQs](#).

Strong4Life will assemble teams and notify members by July 30. If you aren't eligible to participate or aren't selected, you can still be part of the program by supporting the teams and keeping up with their progress through updates we'll provide in Careforce Connection. Stay tuned.



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