

30 Days to a Healthier You!

Are You Ready for the January 2014 30-Day Weight Loss Challenge?

2013 is behind us and holiday gatherings are over! As much as you enjoyed the holiday parties and dinners, you may be panicked at the idea that you packed on the pounds! Skip the guilt of having overindulged this holiday season and get ready to make lasting lifestyle changes!

This month **fseap**, your Employee & Family Assistance Program provider, is launching *the 30-Day Weight Loss Challenge!* By simply calling our 1-800 number, you will be assigned a Dietitian who will help you learn to make gradual changes in your lifestyle to better manage your weight, and lose it for good. This challenge is available to employees and immediate family members who are eligible for your organization's EFAP Program.

Do you think losing weight is a good goal to set for yourself? Is calorie restriction the best solution to dropping the extra pounds? If you want to find out how to get back on track and stay there, this is the right challenge for you. You will learn how to make long-term lifestyle changes that will get you and your dinner plate in shape!

During the next 30 days, an **fseap** Registered Dietitian will coach you every step of the way to help you achieve your nutrition goals. This challenge creates an opportunity for you to take control of your health.

The 30-Day Weight Loss Challenge:

- | Establish your main goal and break it into manageable tasks.
- | 30 minute weekly phone conversations with your Registered Dietitian.
- | Get support and coaching on your 30-day journey to a healthier you.
- | Receive key information on your nutrition goal, fun facts, online- videos, recipes and practical tips throughout *the 30-Day Weight Loss Challenge* to keep you motivated, focused and successful!

Challenge Accepted? Don't let the next 30 days pass you by. **Sign up today!**

*Call **fseap** at **1-800-667-0993** to sign up for this *Weight Loss Challenge*, or to find out about the other challenges in our *30 Days to a Healthier You!* nutrition series:

- | The Heart Health Challenge
- | The Cholesterol Challenge
- | The Sugar Busting Challenge