

£ for lb Challenge

**It's back! Our £ for lb challenge.
For every pound you lose GE will donate £1 to charity**

Last year the 27 participants raised £197 for British Heart Foundation – this year we aim to beat that total so please get involved now. The Challenge starts on **9th January 2012**. Come along to Occupational Health to determine your starting weight. To help you keep focused you can then chose whether you would like weekly, fortnightly or monthly weigh-ins in Occupational Health, CH15 by prior arrangement. The very last weigh in will be **Thursday 5th April**. Remember for each lb of weight you lose over that period the HealthAhead program will donate £1 to charity – our target is to raise at least £300 so we need as many people to take part as possible.

So if you want to lose some extra pounds you may have gained over Christmas and help GE give some extra pounds to charity why not join inevery pound helps!

The chosen charity this year is Glevum Voluntary Group , a local group run by people with or who care for people with diabetes and is run in association with Diabetes UK.

Having a BMI of greater than 25 places extra stress on your body in a variety of ways, including your body's ability to maintain proper blood glucose levels. Maintaining a healthy weight (through eating a balanced diet) and increasing your physical activity (20 to 30 minutes of activity per day) are key factors in reducing the risk of developing diabetes in later life.



If you would like to find out your BMI and participate in this event please register your interest with Gina xt1195 or, Lucy xt2611



imagination at work

Diabetes
UK
Glevum Voluntary Group

