



**Psychological  
Health**  
Roanoke, PC

# Advantage EAP

## Employee Assistance Program

December 2007

### In This Issue

- Live Healthy Virginia
- About the Program
- How Does it Work
- Registration
- Why Should I Join?
- Registration
- Questions?

### Helpful Links

Live Healthy Virginia

[www.livehealthyvirginia.org](http://www.livehealthyvirginia.org)

Live Healthy America

[www.livehealthyamerica.org](http://www.livehealthyamerica.org)

Fitness magazine (Sponsor)

[www.fitnessmagazine.com](http://www.fitnessmagazine.com)



This month, we have decided to devote our newsletter to Live Healthy Virginia! Live Healthy Virginia is a division of Live Healthy America (formerly Lighten Up America), a wellness program that promotes healthy choices. Wellness leads to greater overall physical and mental health, social happiness, greater personal success, and a more balanced lifestyle. Companies have long recognized the benefits of promoting wellness among their employees.

### What is Live Healthy Virginia?

Live Healthy Virginia is a state-wide 100 Day Challenge weight loss and physical activity program. This team-based challenge will help you and your teammates make positive changes and achieve a healthier lifestyle. Live Healthy

Virginia will provide you with the support, information, and tools that you need to live a healthier life. Whether you want to lose weight, be more active, eat better, or look better, Live Healthy Virginia will help you create an environment of wellness.



### How Does it Work?

Teams of 2-10 individuals register to compete against other teams throughout the country and are motivated with health information and random prizes and incentives. Each team needs to choose one person to be their team captain who will have regular computer and internet access in order to log the team's progress weekly.

Through [www.livehealthyvirginia.org](http://www.livehealthyvirginia.org), team captains can register a

## Contact Us

Hours: Monday – Friday, 8:30-5:00pm. Evening hours are available on a limited basis.

(540) 989-6605 or 800-699-9396

Nights and weekends call RESPOND:

(540) 776-1100 or 800-541-9992

Advantage EAP does not necessarily endorse and products or services mentioned.

team. This site also provides features to help keep team members connected and involved in making health changes to reach their fitness and weight loss goals.

### **There are two ways to register teams for Live Healthy Virginia:**

1. Multiple teams from a worksite or organization
2. Individual teams of friends or family members

Groups of people who are not members of an organization (worksite, church, etc.) can form their own Friends & Family team. This program is perfect for a group of friends and husband-wife teams.

Teams may register in the Minutes of Activity Division, the Weight Loss Division or both. In either case, individuals track and record minutes of activity and weight loss which is used to calculate your team's percentage weight loss and total activity minutes. Friendly competition among teams is encouraged.

For the Minutes of Physical Activity Division, each team member reports the number of minutes they are physically active. Activity minutes that count include anything you deem to be intentional physical activity. For example, walking to the elevator does not count but intentionally taking the stairs instead of the elevator does count. The goal is to track your current level of physical activity and make small daily changes to increase it.



For the Weight Loss Division, teams are assessed based on the combined weight of all members. Individuals can report their weight online or have their captain submit it for them. Team totals are viewed as percentage lost or gained. Individual weights are only viewable by that individual.

### **Why Should I Join?**



Last year, over 36,000 people and 200 business and organizations participated in the Live Healthy America program. Participants teamed up to lose over 5 tons of weight and log 30 million minutes of physical activity! To register, log on to <http://www.livehealthyvirginia.org>!

## Questions?

If you have any additional questions about Live Healthy Virginia and how to join, please explore their website! Keep in mind that registration begins **DECEMBER 10<sup>th</sup>** and ends **JANUARY 25<sup>th</sup>**!

