

Community and Workplace Wellness Programs

Shape Up RI uses a fun, engaging format to enlist coworkers, friends, and families to work together to encourage activity and healthy lifestyles.

NEW! Nutrition Tracking!



summer shapeupRI

Summer Walking! Summer Eating!



Summer 8-week Competition

8-week tracking

- ✓ pedometer steps
- ✓ weight loss
- ✓ fruits and veggies

2-week modules

- ✓ calories, nutrition
- ✓ stretching
- ✓ sleep tracking
- ✓ stress reduction

Summer Shape Up RI is **NEW**

- Track pedometer steps
- Track weight loss
- **NEW** Fruit and Veggie Tracking

NEW Optional 2 week modules include:

- Calories and nutrition, stretching, sleep and stress reduction

Get the tools to succeed!

Participants receive a digital logbook, online tracking system, health information, eligibility to win prizes and an optional pedometer and wristband.

Participants also receive access to hundreds of **FREE** events including yoga, rock climbing, spinning, kickboxing, nutrition seminars, and many more.

Engaging, Impressive Results, and Cost Effective

Over 230 companies and 35,000 Rhode Islanders have participated in Shape Up RI over 5 years.

Results (Wing, et al, 2009)

- Average weight loss over seven pounds
- 8% reduction in obesity
- Over 70% Completion
- Over 90% satisfaction

Costs

The 8-week summer program is \$15 per participant. With the optional pedometer and wristband, it is \$20. There are no hidden costs or minimums.

Registration Begins June 1!

The competition begins June 21. Join thousands of individuals and hundreds of large and small companies that have participated in Shape Up RI, including Taco, CVS, GTECH, Brown University and more.

Shape Up RI is a 501(c)(3) non-profit organization.

shapeupri.org

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