

Lenten Weight Loss Jump Start 2015

For Lent 2015, the TAC Group Health Wellness Program is launching a special Weight Loss Challenge to any Active Clergy, Lay Employees, and Spouses that are participants in the TAC Group Health Plan.

We all struggle with making good food choices and making time in our busy schedules to get the activity we need. Healthy weight loss can be a challenge. Consult your doctor for advice on your individual situation. If losing 5 pounds can help get you started in the direction of a weight loss goal – then the Group Health Program wants to help.

Lose **5** pounds during the Lenten season – February 18th thru April 5th, 2015 – receive a check for **\$150**.

Lent is a great time to reflect on new spiritual, physical and mental objectives - changing old habits and moving forward to better life choices. It also helps to have a support group or plan to help make the goal attainable.

We have found one suggestion that may help you during Lent this year – check out a 40-Day Spiritual Fitness Program called “Christ Walk”. Find the book ‘[Christ Walk](#)’ by Anna Fitch Courie at [Cokesbury](#). It can be used by an individual or in a small group setting or even as a Church wide study. There is also a special Facebook page with information about the program and a blog with helpful comments from others.

Please consider using the 2015 Lenten season to “**Jump Start**’ your weight loss for the year and help you move closer to any weight loss you may have been considering.

Print out the – [Lenten Weight Loss Jump Start 2015 form](#)

One submission per person. Employee and spouses must submit separate incentive forms with individual information. Recording is on the honor system. Each individual must record their weight at the beginning of the time frame and record again at the end. As with any weight loss - please consult your doctor about your plan to lose weight and get advice and suggestions. If your physician does not recommend this weight loss, an alternative will be accepted in writing from him/her. Note: All incentives received are taxable.

Checks will be cut after April 30th, 2015. Final deadline for submission is April 15, 2015. Submit form to: **Ted Carlson at trcarlson@aol.com or by mail at 14523 Muirfield Lane, Suite 100, Houston, TX 77095-3413.**