

Ready for some competition?



Introducing the % Muscle Gain Challenge!



% MUSCLE

Muscle mass divided by your weight. That means to increase your percent muscle you can either decrease your body fat, increase your muscle mass, or both! Anyone can win, no matter your starting point!

How it works

- Departments will compete against each other. The department with the greatest average increase % muscle will be declared the winners.
- All individualized % muscle data will remain confidential. Scores will be determined in an aggregate team score.
- Baseline scan on October 13th. Second check-in is November 10th and third and FINAL check-in is December 8th.
- The individual with the greatest increase % muscle will receive a \$100 Visa gift card!
- The winning department with the greatest average increase % muscle will receive lunch catered by Mucho Si!



BONUS!

Increasing your % muscle is scientifically proven to:



Decrease
diabetes risk



Decrease risk
of injury



Improve Mental
Health



Increase
Immunity



Thursday, October 13, 2022
City Hall, Council Chambers
from 1:00pm - 3:00pm

Have questions or want more?

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Sign up here for your
October baseline scan



This is an optional, fun, friendly, competition;
challenge not required to participate in regular
HIW sessions.