

GET ON THE PATH TO A HEALTHY WEIGHT

What could be more fun than tracking simple, everyday health habits on interactive trails from all over the world? Whether it's Westweg Trail in Germany, Ireland's Ulster Way, or any of the other fascinating international trails, you'll be inspired to adopt habits that lead to a healthy weight for life in Right This Weigh.

Kaiser Permanente and SJC Engage want you to get on the path to a healthy weight with the new online wellness program. Right This Weigh is being offered to San Joaquin County employees on a voluntary basis.

SIGN UP STARTS 6/22/2020
CHALLENGE BEGINS 7/6/2020
CHALLENGE ENDS 9/27/2020

Fun, motivating features include:

- Recording your progress along famous international trails while viewing exciting images of attractions, geography, and local customs to make the trails come alive
- Joining a friendly team competition with an opportunity to win prizes along the way
- Using the Trail Mates option for personal challenges and social support
- Posting on the interactive Trail Talk message board to give and get support or join a team
- Enjoy more than 200 delicious, healthy recipes to fuel success...
- and more!

FIRST 50 INDIVIDUALS TO SIGN UP WILL RECEIVE A FREE GIFT
FIRST 5 TEAMS TO SIGN UP WILL RECEIVE A GIFT

SIGN UP @ [HTTPS://SJCENGAGE.GORIGHTTHISWEIGH.COM](https://sjcengage.gorightthisweigh.com)

For questions relating to the sign-up or program, please email sjcengage@sjgov.org

