



# **Belly-B-Gone**

## *Administrative Instructions*

### **Supplies**

- “Belly-B-Gone” Registration form. This includes a waist measurement Log
- Accessible tape measure. A soft pliable tape measure is recommended.

### **Launch**

- Designate a specific time period to launch the program (2-3 days), with specific blocks of time. Recommended, but not mandatory.
- Associates fill out the registration form and turn that in to the administrator for record of the beginning waistline measurement. The measurement log has other measurements. This is optional.

### **Directions**

- Launch the program
- Provide weekly tips for shrinking the waistline
  - Provided by One Stop Wellness (on the web site, [www.1stopwellness.net](http://www.1stopwellness.net))
  - Can e-mail this, pass out copies, or post
- End the program
- Credit is awarded if ANY decrease in the waistline measurement
- Some may choose to put all the names of those who received credit in a hat and draw for a winner. This is optional, but not mandatory
- Turn in the names of those who received credit to Jeanie Kelley, your Corporate Wellness Coordinator

### **Ending**

- Designate a specific time period to end the program (2-3 days), with specific blocks of time. Recommended, but not mandatory.
- Associates return for a final waistline measurement during the designated time period.