becoming whole again

WEIGHT RACE 2021

Registration:
Jan. 6 – Feb. 1

Program runs:
Jan. 25 – April 16

Give it a try!

UPMC MyHealth
How it works

You’ll start by setting a realistic weight loss goal (or you can decide to maintain your current weight)! Each week, you’ll receive an email with suggestions for the days ahead, including two “Give it a try” activities. You can choose one of the activities each week to help you build healthier eating habits, be more mindful, increase your activity, and more.

When you sign up, you’ll get...

- Tips and recipes to make cooking at home healthy and easy.
- Text messages to keep you motivated.*
- Support and tips from the Weight Race Facebook page to keep you on track.
- Online tracking to help you log your progress.

*Text messages are optional.

To register for the Weight Race, visit upmchp.us/pitt-weight-race.