

# 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](https://upmchp.us/pitt-weight-race).**