

# Take the Member Challenge

You can join at any time throughout the year.



Grand Valley Health Plan  
(616) 949-2410 or [www.gvhp.com](http://www.gvhp.com)

# 10<sup>in</sup> 2010

*If you have 10 pounds or more that you would like to lose, this is the challenge for you!*



## Rules:

- This challenge is for GVHP Members age 13 and older.
- Please check with your provider before beginning this challenge if you:
  - Are a man 45 years or older
  - Are a women 55 years or older
  - Have not been physically active in the last 6 months
- Begin the *10 in 2010* challenge by picking up an information packet from the front desk of your Family Health Center and request an official weigh-in.

## Support during the challenge:

- Monthly tips on how to shed the pounds
- Health Coaching available for a customized weight loss plan
- GVHP Member Education Classes:
  - L.E.A.R.N. — Weight Management
  - Movin On Weight Management Support
  - Weigh the Facts
  - Group Exercise
  - Healthy Heart
  - Intuitive Eating

*If you would like to join the challenge, please stop by your Family Health Center to receive an information packet on how to get started and request an official weigh-in.*