

# The Biggest Winner Comes to Chelmsford



Personalized, Online Health and Fitness Program Starting on Monday, February 5, 2018

- Be more energized
- Build resiliency
- Feel better about yourself
- Improve muscle tone and cardio fitness
- Earn cool prizes



**The Biggest Winner** is a fun, interactive and challenging way to accomplish your health goals. Track your progress online, receive helpful tips and challenges along the way and earn great prizes. You will be challenged with a variety of exercise, nutrition, and stress reduction activities including:

- Participate in a Virtual Walk across Massachusetts
- Learn Mediterranean-cooking skills with the Mediterranean Diet Video Series
- Earn points for strength training and flexibility you can do at home
- And much, much more

Sign-up today. Registration instructions on next page. **The registration deadline is Friday, February 2, 2018.**

**Free program open to all Chelmsford employees and their spouses.**



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Use the MIIA Winners App on your SmartPhone or Pad. Instructions at [www.miiawinners.org](http://www.miiawinners.org)

## Registration Instructions

1. Go to [www.miiawinners.org](http://www.miiawinners.org)
- 2a. If you have a MIIA Winners account:  
Log in, then follow instructions to enroll in this new program.
- 2b. If you don't have a MIIA Winners account:  
Use the "Fill out this form" link.
3. Enter the Registration Code: **chelmsford2018** (case sensitive)
5. Agree to and initial "Risk and Release Form"
6. Fill out the pre-challenge questionnaire.
7. Fill out the registration page and submit. Don't forget to choose your team based on where you work - Town or School.
8. Once you have registered, you're done till the program launches.
9. On Monday, February 5, 2018 you'll receive an email to let you know the program has begun!

If you have any questions e-mail Bill Bradley at [bbradley@mma.org](mailto:bbradley@mma.org) or call 413-522-4919

