



# Healthy Habits Challenge

Oaks is excited to bring you a wellness challenge starting this spring! This challenge will involve a variety of different components such as nutrition, physical activity, stress management, and weight loss. If you would like to participate in the weight loss portion of the challenge, you can sign up below for a time to check in. Measurements will include weight, body fat percentage, and waist circumference. There will be an optional mid-point weigh in and the final weigh in will take place during the Oaks wellness fair. This challenge can be completed with a team or as an individual. When registering for a check-in, you will be asked to provide your team name if joining with a team.

## Initial Check-In



### Cherry Hill

Monday, April 1<sup>st</sup>

[SCHEDULE HERE](#)



### Berlin

Tuesday, April 2<sup>nd</sup>

[SCHEDULE HERE](#)



### Mount Holly

Tuesday, April 2<sup>nd</sup>

[SCHEDULE HERE](#)



### Lawrenceville

Thursday, April 4<sup>th</sup>

[SCHEDULE HERE](#)

Please reach out to [wellness@ibpllc.com](mailto:wellness@ibpllc.com) with any questions.