



Have you heard about the LeanPix and the On Target Health weight management program? 75 of your coworkers went through the program in 2017 have lost over 481 pounds of fat thus far!

**Check out what some of them have to say about the program!**

[Jody Watson Testimonial](#) \* [Michelle Lochard](#) \* [Vicki Nobles](#)

### **What is the program?**

The Body Mass Management Program (BMMP) empowers you to learn more about your health and keeps you accountable for taking care of your body. The 16-Week program consists of bi-weekly Lean Pix screenings and meetings with onsite health coaches, periodic metabolic testing to find out YOUR specific metabolism, as well as GetHealthy Sessions to focus on stress management, activity levels or nutrition- whatever interests you most!

### **How Do I Get Started?**

- **Attend a 30-45 Minute Information Session on January 17<sup>th</sup> at 9am, 10:30am or 3:30pm at Ben Davis University (CC1)**
- Immediately follow the information session, sign up for an initial LeanPix body composition measurement on January 18<sup>th</sup>, January 19<sup>th</sup> or January 22<sup>nd</sup>
- If you complete an initial body composition measurement, you'll be invited to attend a session to discuss your results.
- After you receive your results, you'll have the opportunity to apply for the official Body Mass Management program. Twenty-Five additional employees will be selected to participate in the next round of the program!
- If you're interested in applying, you can submit an application during your feedback session.

### **Check Out These Other Resources for More Information:**

- Check out this [story](#) from WTHR on On Target Health.
- Check out participant testimonials [here](#).

Not able to attend an information session on January 17<sup>th</sup>? Please contact [Brittany.Benedict@on-target-health.com](mailto:Brittany.Benedict@on-target-health.com) to get signed up for your initial body composition measurement.