

2016 Green Bay Go Red Challenge Timeline, Participant Benefits

Timeline, 2016

January 4- January 31: Go Red Challenge Applications accepted. Please return all applications to Kaela.Gedda@heart.org, fax: (608) 221-9233, or drop it off at a participating sponsors' place of business.

February 5: Five women in Green Bay will be selected and announced as the 2016 Go Red Challengers.

February 8-19: Go Red Challengers schedule and attend initial appointment with Dr. Steve Bittorf, Green Bay Integrative Health, for a basic health evaluation including blood pressure, cholesterol, and blood glucose.

February 22- May 13: 12 week challenge when all Go Red Challengers meet regularly with health, fitness, financial, mental wellness, and nutrition sponsors (outlined below).

May 16-18: Final evaluation with Dr. Steve Bittorf, review of health & wellness goals.

May 20: Go Red for Women Luncheon (must be available from 9:00am-2:00pm) at Thornberry Creek.

Wellness Resources and Benefits, complimentary to selected Challengers

Health & Wellness Sponsor: Dr. Steve Bittorf, Green Bay Integrative Health

- Initial visit for basic health evaluation
- Opportunity for 2 additional appointments during 12 week challenge if necessary
- Final visit for basic health evaluation review

Fitness Sponsor: Pro Fitness

- 1 weekly session with personal trainer at Pro Fitness during 12 week challenge
- Pro Fitness membership pass to gym during 12 week challenge

Mental Wellness Sponsor: Dr. Brookh Lyons

- 1 group class provided
- 4 personal sessions with Dr. Brookh Lyons during 12 week challenge
- Support on private Facebook group for Go Red Challengers

Financial Fitness Sponsor: Laura Mossakowski, LLC

- 1 group class provided
- 1 personal session with Financial Advisor at Laura Mossakowski, LLC

Nutrition Sponsor: Festival Foods

- 2 individual nutrition sessions with nutritionist
- Tour of Festival Foods store

Social Media and Go Red for Women Exposure

- Submit 4 blog articles throughout the 12 week challenge giving an overview of your experience
- Photos of your progress included on Go Red Challenge blog and AHA Wisconsin social media platforms; additional exposure on Go Red Challenge sponsors' social media pages