



MONTANA ■ CHAMBER  
**CHOICES**



Montana Chamber Choices is sponsoring the Shape Up Montana Program again this year. Shape Up Montana is a three-month team wellness program conducted by Big Sky State Games that engages participants in a sustainable physical activity and healthy eating program. The program will run from February 1<sup>st</sup> to May 1<sup>st</sup>. Montana Chamber Choices customers will receive a discount upon registration. You must choose “Montana Chamber Choices” in the drop down menu on the registration page.

There are two divisions that each team may choose from. The accumulated activity division is split into 5 groups: beginner, intermediate, experienced, professional and family. This division is based by tracking activity performed with the support of a web based activity calculator. The weight loss division encourages healthy, appropriate diet and physical activity. Wellness calculators are available to help aid all team members. Participants in both divisions can try different health clubs for free during SUM Fitness Week (March 12-18). Facilities will be listed at [Shapeupmontana.org](http://Shapeupmontana.org).

There are many benefits to offering a wellness program like Shape Up Montana to your employees. Studies have shown that employees who exercise as little as once a week tend to incur health costs ½ to 1/3 lower than those who don't (sales and marketing management). Another benefit in offering a company sponsored wellness program is workers tend to have improved productivity and morale. Worker productivity plays a major role in the success of a business. Additional studies have shown that healthier employees spend fewer days away from work due to illness, which in turn saves the company thousands of dollars. Wellness, nutrition and physical activity programs also help decrease depression and help employees manage their stress levels, which contributes to their productivity on the job as well as presenteeism. (Welcoa)

This year with Shape Up the first 500 team captains who register will receive gifts! Each team will have the opportunity to complete a weekly challenge. There are prizes for the top teams, along with weekly nutrition and fitness tips. So give your employees the gift of wellness this holiday season and encourage them to register for this three month interactive wellness and physical activity program.