

## Making an Office Weight Loss Challenge Fun For Any Business

An office weight loss challenge is like having a reality television show that takes place in one's own office. By having employees participate in an [office weight loss challenge](#), office managers can find a way to unite their employees in a fun, exciting and rewarding activity that can improve office morale and unify the employees.

The office weight loss challenge can be a way to improve the overall mood in an office. This kind of activity can take anywhere from a few weeks to a couple of months. People can compare progress, talk about the goals they have set and have a good time at the weekly weigh in sessions. An entire office doing something together can help to greatly increase a sense of comradery among employees employers alike.

Often times it is hard to lose weight, as everyone knows. One of the reasons so many people invest in professional weight loss programs and nutritionists is because they require constant checking up on. Because of the fact that during an office weight loss challenge there are so many employees taking part in the same activity, it becomes easier to feel motivated, just as it does when two or more people work out together.

When one is pitching an office weight loss challenge to their employer or employees, they can use several encouraging facts to persuade others who might not be so receptive. It can be viewed as a team building exercise, which companies always seem eager to invest in. They can also cite how dozens of studies have shown that an office weight loss challenge and other similar activities are shown to reduce tardiness, absenteeism and the cost of an average employees health care. They can even offer that during the office weight loss challenge, weekly prizes can be handed out to those who do the best. After all, nothing spurs progress like a little incentive.

An office weight loss challenge is a fun activity that can lighten the mood of any company. People will have something interesting to discuss and compare notes on while around the water cooler. The best potential benefit of all? It just might improve the health of people around the office, leading to better feeling and more productive employees.

## About the Author

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