

The Third Wheel

The foundation of this program involves employees making small changes to three areas of their lives, which will help them to lose weight and keep it off for good.



•The success of the program is that it is designed to be the weight loss plan your employees don't even know they're on. By slightly decreasing food intake, increasing exercise and being mindful of their eating habits employees can, along with the support of their colleagues, achieve long term weight loss.

While the initial stage is a 12 week team-based challenge, the entire Third Wheel program is designed so that positive habits are formed, enabling employees to ultimately ensure that once the weight is lost, it stays off....for good!

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The 12-week program is divided into three Power Phases, each of which is 4 weeks long. During each Power Phase employees are required to make:

- One EXERCISE FIX
- Two MINDSHIFTS
- Three FOOD TWEAKS

As your employees move through Power Phases 1, 2 and 3 they will build on their tweaks, shifts, and fixes, not swap them. This will ensure that they develop healthy habits throughout the program and keep up those habits long term.

The Third Wheel program has 2 goals. The first is to assist and support your employees to lose weight. The second is to help them to keep the weight off by making small changes that will ultimately bring big rewards.