WELLNESS COMMITTEE

WELLNESS CHALLENGE

WHAT IS IT?

- A fun, 8-week program that tracks participants' nutrition and physical activity habits
- Provides an impetus for structured behavior change, without focusing narrowly or inappropriately on weight loss, which may not reflect overall health
- Consists of eight weekly wellness challenges:

  - Week One Challenge: Eating a healthy breakfast
  - Week Two Challenge: Control portions and add fruits and vegetables
  - Week Three Challenge: Start moving with aerobic activity
  - Week Four Challenge: Focus on food labels
  - Week Five Challenge: Strength training
  - Week Six Challenge: Eating a healthy lunch and snacks
  - Week Seven Challenge: Try a new activity
  - Week Eight Challenge: Eat out, choose a healthy meal, and write about it

HOW IT WORKS

- Participants are encouraged to complete as many challenges as possible, but will receive credit (raffle entries) for the number of challenges they complete—do as little or as much as you want/can!
- Participants self-report their activities in an online wellness portal that is available on the Armstrong, Doyle, and Carroll (ADC) website or in a hardcopy Food and Physical Activity Log (to be provided). The website and further instructions will be provided to participants upon registration.

PARTICIPATION—IT'S EASY!

- Registration for the program begins on February 4, 2013. Please contact Suzanne Smith, Wellness Coordinator, at ADC (ssmith@adcbenefits.com) for registration information.

PRIZES

- For each weekly challenge completed, participants receive one entry into a raffle for the following prizes:
  - Grand Prize—**MacBookAir**
  - **10 Amazon Kindle Fires or Fitbit Ultras (winner's choice)**
- At the end of the challenge, participants will have earned up to eight entries into the raffle.