



WELLNESS REWARDS CHALLENGE: BE ACTIVE

This is a four week challenge to encourage lifestyle activity habits. Participants reward themselves one point for each day they do any of the following:

- Take the stairs instead of an elevator
- Skip the drive thru window
- Park farther away than normal
- Accumulate at least 30 minutes of physical activity
- Participate in TV workouts

The Goal is to reach 30 points by the end of the challenge.

