



## Announcing the Eat Smart Team Challenge

**SIGN-UP:** *Log into the Lexington Wellness Website at:*

<https://lexingtonwellness.bepurewellness.com> **Monday, July 27 to Sunday, August 9**

*(Instructions are posted at your site. If you continue to struggle, please ask your supervisor for assistance or contact Michelle Peryea, Wellness Program Coordinator, at (518) 775-5420 or Bridgett Nestor at (518) 775-5422.*

**CHALLENGE DATES:** *Monday, August 10 to Monday, August 31, 2015*

**DESCRIPTION:** This is a 3-week team nutrition Challenge focused on eating fruits and vegetables. Take this opportunity to enjoy fresh produce and try new fruits and vegetables.

### **GOAL(S):**

1) Eat and log on your Lexington Wellness website at least one (1) serving of fruits and one (1) serving of vegetables, five (5) days each week during the challenge.

**AND**

2) Complete ALL required tasks on your "To-Do" list.

**TEAMS:** At least four (4) employees per team. *If you have less than four employees at your site that want to participate in this challenge, contact Michelle Peryea to be placed in an active team.*

*Team size does not effect the end results. This challenge is based on average number of days (up to 5) with servings logged each week. In fact, many teams may tie in the challenge. The competition will be really close!*

### **PRIZES:**

- ❖ **30 Wellness Rewards Points** – Eligible employees that complete the Challenge Goals each week.
- ❖ **30 additional Wellness Rewards Points** – Eligible employees that register as a WELLNESS BUDDY in the Wellness Together Eat Smart Challenge (flyers describing this Challenge posted at your site) **and** support a participant (not an employee) to reach the Challenge Goal.
- ❖ **15 additional Wellness Rewards Points to eligible employees of three teams and \$100 to one team supervisor to spend on the team will be selected through a raffle.** In the true spirit of supporting each other and working as a team, to be eligible for the team's name to be entered into the raffle, all of the team's Challenge participants must complete the Challenge Goals.
- ❖ **Raffle for Prizes** – Employees that meet the Challenge Goals or are a successful Wellness Buddy in the Wellness Together Challenge but are not eligible to earn Wellness Rewards Points.



*If it is unreasonably difficult for you to meet the requirements of the Challenge because of a medical condition, contact Michelle Peryea at (518) 775-5420 and she will work with you to develop another way for you to qualify for the rewards.*