



## Announcing the **Fit Before the Feast Team Steps Challenge**

**Challenge Dates: Monday, October 3 to Monday, October 24, 2016**

**Description:** This is a 3-week team **steps** Challenge focused on increasing physical activity to help you get in shape before the holiday festivities start. As the fall weather brings cool temperatures and changing leaves, let's take advantage of the great outdoors and exercise outside. **Start thinking about your team and how you can work together to support each other to take a few more steps.** During this Challenge you will also have the opportunity to earn additional prizes and Lexington Wellness Rewards Points by being a Wellness Buddy in the Wellness Together program. (See the flyers posted at your site.)

### **Goal(s):**

- 1) Complete at least 35,000 steps each week ( 5,000 steps per day) of the Challenge.
- 2) **On your Lexington Wellness Website**, log your steps (measured using your pedometer, mobile app or minutes of exercise; instructions will be provided the first week) and complete ALL required tasks in your "To-Do" list.

### **Team:**

Four or more members. If you have less than four employees at your site who want to participate in this Challenge, contact Michelle Peryea to be placed in an active team.

### **Sign-up:**

Monday, September 19 to Sunday, October 2, 2016, on the Lexington Wellness Website at <https://lexingtonwellness.bepurewellness.com>. 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 Rene Dutcher at (518) 775-5429.

### **Prizes:**

- ❖ **30 Wellness Rewards Points** – Eligible employees who **log at least 105,000 steps (5000 steps per day) by the end of the Challenge and complete all required tasks.**
- ❖ **30 additional Wellness Rewards Points** – Eligible employee who register as a WELLNESS BUDDY in the Wellness Together Fit Before the Feast Exercise Minutes Challenge **and support a participant (not an employee) to reach the Challenge Goal.**
- ❖ **15 additional Wellness Rewards Points** – **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 who meet the Challenge Goals or are successful Wellness Buddies 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.*