

Announcing the



Employee Team Challenge

PUT AWAY THE SALT SHAKERS. CHALLENGE YOURSELF AND YOUR TEAMMATES TO NOT ADD SALT TO YOUR MEALS! This is a 4-week team nutrition Challenge. Completing this Challenge is one of the steps to becoming eligible for the Lexington Wellness GRAND PRIZE drawing in January 2018. **NO COMPUTER NEEDED TO PARTICIPATE! HERE'S HOW IT WORKS:**

HOW DO I SIGN UP? Sign up on the “No Added Salt” Team Challenge Registration list located at your worksite between NOW and **Sunday, February 5**. If you can not locate your sign up list, contact Michelle Peryea for assistance.

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.*

CHALLENGE DATES: Monday, February 6, to Sunday, March 5.

GOAL: Eliminate added salt from all your meals for four (4) weeks. This means that once your meal is prepared, do not add salt prior to eating. *You get most of the salt your body needs without adding table salt. Read “Why Should I Limit Sodium?,” posted at your worksite, to learn more.*

HOW DO I LOG THE RESULTS? Each day of the Challenge, document on your “No Added Salt” Employee Team Challenge log if you added table salt to any of your meals that day. *(Logs may be found at your worksite or in the HR office.)*

HOW DO I SUBMIT MY CHALLENGE RESULTS ? Send your log by **March 8** to Michelle Peryea, Wellness Program Coordinator, at 127 E. State Street, Gloversville.

PRIZES:

- ❖ **Make Prevention a Priority Bingo Square** – All employees who complete the Challenge Goal can complete the Challenge square on their First Quarter Bingo card.
- ❖ **Wellness Rewards Points** – Eligible employees who complete the Challenge Goal and/or register as a Wellness Buddy in the **Wellness Together Healthy Eating Challenge** (flyers describing this Challenge posted at your site) **and** support a participant (not an employee) to reach the Challenge Goal will receive Wellness Rewards Points. **REWARDS POINTS ALSO EARN YOU AN ADDITIONAL MAKE PREVENTION A PRIORITY BINGO SQUARE.**
- ❖ **\$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** – All employees who meet the Challenge Goal will be entered into a raffle. Four employees will be chosen to receive a prize.

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.