

## **Healthy Active Challenge Ideas on Administration**

*Here are a few ideas we used to get people to join the Challenge and to stay motivated.*

### **Why Should You Join?**

Do you feel like you're the only one trying to eat well and exercise? We want to help you get fit. With support from your co-workers, family and other social networks you can make positive changes that will "stick" long after the Challenge is over. Participation in the Challenge will give you:

More energy and vitality.

New ideas on how to move your body and eat better.

More control of your health as you set goals for food and activity.

Insight into your personal eating and activity habits.

Support from coworkers and friends for making healthy choices.

Inspiration from new exercise partners and eating buddies.

Recognition for your personal and team accomplishments.

It's FREE!

### **How Do You Win Prizes?**

Weekly drawing for team baskets for teams averaging 50 or more points. Each week an additional basket is added so by week 6, we will be awarding 6 baskets.

Team and individual awards at the end of the Challenge based on team category (ie. business, family, church, etc)

Weekly prize drawing for individuals who've attended business-sponsored activities such as exercise classes, walks, etc.

### **Rate Your Workplace**

Want to know how healthy your workplace is or how you can make it better? Start by taking our Worksite Wellness Questionnaire. Your business could be eligible for an award.

### **Share Your Stories and Tips-Win a Prize**

Has your team done something worthy of recognition? Do you have ideas on how to keep your team motivated? Perhaps you've started a walking group at work or someone on your team has made a significant change. Do you have fun pictures of your team or team members being active or eating healthy? Share your stories with us so we can help inspire others to move their body and eat better. Submit via e-mail

(mail@healthyactiveklamath.org) or fax (541-883-4582). You'll be eligible to win a weekly prize for best picture or story.