

Step it up!

Water intake increase!

Eat Healthy!

Exercise!

Train for 5K (success)!

# WOW!



## “SWEET 16” Week Wellness Challenge

(June 16-Oct. 6)

### Kick-off/Team Sign-up!

Thursday, June 12, 2014

FMH Conference Room

7-9 a.m. | 11 a.m. – 1 p.m. | 3-4 p.m.

FMH Therapy Services Staff will confidentially measure your weight, BMI & Body Fat Percentage. Anyone unable to attend on this day can stop by the Therapy Department on Monday, June 16 by simply calling down to ensure a therapy staff member is available to assess you. The assessment will not take more than a few minutes. You will be given a Pedometer (if you don't already have one), your BMI and Body Fat % will be measured, and you or your team captain will be given details on how to report your weekly step count!

**Team** – Consists of any group of employees, made up of 5-20 people. There can be multiple teams per department or individuals from different departments.

Beginning June 16, you will begin tracking your physical activity, water intake, fruit/vegetable intake, and wearing your pedometer and recording your daily steps. Reports are to be turned into your team captain each Tuesday.

Challenge participants are eligible to win prizes after the FMH/FCC 5K Event (October 11<sup>th</sup>)!

**\$400 In Prizes will be given, with prize details still to come.**

More details, forms, and team captain packets will be provided at the Kickoff!