



The **2018 Wellness Challenge** will be held July 1, 2018 – September 30, 2018. The challenge is a voluntary physical fitness incentive program available to all American Health Network employees. All forms of physical fitness for exercise purposes are eligible.

Participants of the program can earn prizes just for exercising. The program encourages participants to get at least 30 minutes of physical fitness activity on most days of the week. Random prizes will be awarded at the end of each session. Then, at the end of the challenge, participants who completed the entire 3 month program will be eligible for grand prizes.

How do I join?

Complete the Registration Form and fax to the Wellness Team by Saturday, June 30, 2018.

How does it work?

It's easy. The program has been divided into 3 monthly sessions of July, August and September. After signing up, simply start recording your physical fitness activity minutes on the Wellness Logs. There are 3 separate logs, 1 for each session. At the close of each session, fax your log to the Wellness Team by the designated date to be eligible for the session prizes. At the end of the challenge, grand prize winners will be announced. Reference the Wellness Challenge Details for more detailed challenge information.

Contact a member of the Wellness Team listed below with any questions you may have regarding the Wellness Challenge.

Sherri Salts 317-580-6319
Cecilia Forbes 317-580-6308





Wellness Challenge Details

- Challenge:** **July 1, 2018 through September 30, 2018**
- Session 1:** **July 1, 2018 through July 31, 2018**
Goal: Exercise a minimum of **400** minutes
 (approx. 30-35 minutes 3 days a week for 4 weeks)
- Session 2:** **August 1, 2018 through August 31, 2018**
Goal: Exercise a minimum of **500** minutes
 (approx. 30-35 minutes 4 days a week for 4 weeks)
- Session 3:** **September 1, 2018 through September 30, 2018**
Goal: Exercise a minimum of **600** minutes
 (approx. 30-35 minutes 5 days a week for 4 weeks)

Grand prizes will be awarded the week of Monday, October 8, 2018.

In order to be eligible for the Wellness Challenge monthly and grand prizes, you must:

- Submit your Registration Form by Saturday, June 30, 2018.
- Submit your Session 1 Wellness Log by Monday, August 6, 2018.
- Submit your Session 2 Wellness Log by Friday, September 7, 2018.
- Submit your Session 3 Wellness Log by Friday, October 5, 2018.

Submit your Wellness Logs even if you do not reach the session goal to be eligible for random drawings!!

Employees are able to receive only 1 session prize. All employees completing the entire 3 month program will be eligible for grand prizes.

Human Resources fax # 317-580-6343



Wellness Challenge

July 1, 2018 – September 30, 2018

Registration Form

Please complete and **fax to the Wellness Team at 317-580-6343 by Saturday, June 30, 2018** to register for the Wellness Challenge.

As a member of the program, I agree to keep an accurate and valid record of my physical fitness minutes so that I am eligible to receive incentives for exercising and achieving my goals.

Name _____ Location _____

I understand that the Wellness Challenge is completely voluntary, and I am under no obligation to participate. As a voluntary participant I agree to abide by the rules of the program.

Employee's Signature

Date

Contact a member of the Wellness Team listed below with any questions you may have about the Wellness Challenge.

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