



Be Well Challenge – Program Rules

1. The **Be Well Challenge** is available to all RCDE employees and their spouse/partner.
2. The **Be Well Challenge** runs for one month. You may start the challenge at any time. Either fill in the Excel tracking sheet by computer and email it to caroline.shugart@usu.edu, or print it and send it to UMC 8800, attention Caroline Shugart.
3. **Prizes** are given at the end of the month for the three areas of the challenge (drinking water, eating veggies & fruits, exercising). Prizes include t-shirts, baseball caps, lunch bags, water bottles, mugs, exercise bags, coupons for Aggie Ice Cream **Be Well** Scoop and Fruit and **Be Well** meals, and pedometers.
4. This is an individual **Be Well** challenge and points are awarded for drinking water, exercising, and eating veggies & fruits throughout the month. Even modest lifestyle changes can greatly improve your health and well-being.

Lifestyle Habit (Goals):

Points Earned:

Maximum Points Allowed:

Drinking water (6-8 cups per day)	1 point per cup	8 points per day (56 points per week)
Exercise (30-60 minutes per day)	1 point per 10 min	6 points per day (42 points per wk)
Eating Veggies & Fruits (5-9 svgs per day)	1 point per ½ cup	8 points per day (63 points per week)

Point Details:

Water: We recommend **fresh, local water** in **reusable water containers**. **THINK: USU sustainability.**

Exercise: We recommend a variety of aerobic activity, strength training, and stretching. It's okay to accumulate 30-60 minutes of activity throughout the day in 10 minute sessions. Pedometers are sold in the wellness center (HPER 109) at our cost (\$21 for Omron HJ-112). Personal training is also available.

Veggies & Fruit: fresh, frozen, and canned qualify. Please do not count corn, potatoes, or ketchup as a veggie. Please do not count juice (which is high in calories and lacks fiber) as a fruit. What qualifies as a ½ cup? Any of the following examples would count: **½ cup celery, ½ medium tomato, 1 small apple, ½ of a large banana, 6 baby carrots**. Here are some ideas to increase your daily servings: choose 1 medium banana (2 servings) at breakfast, enjoy ½ cup lettuce and tomato slices (1 serving) on a sandwich, have 1 cup of raw veggies for an afternoon snack (2 servings) and a small apple (1 serving), try 1 cup steamed broccoli for dinner (2 servings), or add ½ cup berries (1 serving) to yogurt for a dessert parfait.