



## Be Well Holiday Challenge Rules

1. The **Be Well Holiday Challenge** is available to all employees. Your spouse/partner is also welcome to participate.
2. **Prizes** will be awarded for the most points earned in each category (most water, most exercise, most veggies & fruits), overall total, and the most improved. Prizes include **2GB iPod shuffles or \$70 USU bookstore merchandise**. **Be Well** prizes will also be given for motivational stories submitted to Caroline throughout the challenge (i.e., t-shirts, baseball caps, lunch bags, water bottles, mugs, and pedometers).

3. The **Be Well Holiday Challenge** runs from **November 17, 2008 to January 11, 2009**. Submit your weekly points by using the online form on our website ([www.usu.edu/bewell](http://www.usu.edu/bewell)). For more information, contact by email [caroline.shugart@usu.edu](mailto:caroline.shugart@usu.edu) (or phone 435-797-0735), or visit the Employee Wellness Center (HPER 109). An easy-to-use 8-week tally sheet is available on our website.

4. This is an individual **Be Well** challenge and points are awarded for drinking water, exercising, and eating veggies & fruits throughout the holiday season. 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 (56 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.

**The first 50 employees to submit their week 1 points** will get a coupon for the **NEW Aggie Ice Cream Be Well Scoop & Fruit. Aloha and Be Well.**