



Thank you so much for participating in the *Be Well Holiday Challenge*. I hope you were inspired to drink more local water, exercise daily, and add veggies and fruit to every meal. Throughout the challenge, we sent out over **60 *Be Well* scoop and fruit Aggie Ice Cream coupons** and **80 *Be Well* meal coupons** for *The Hub*. I appreciate all the wonderful stories you sent me!

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**Congrats** to our **6** winners for **overall** point totals (earning the maximum 1,232 points) who will receive either a 2 G iPod shuffle or a \$70 gift card at the USU Bookstore: **Kenlee Brown, Stacie Gomm, Anita Kingdon, Christine Lord, Cathryn Peterson, Rebecca Riedler.**

**Congrats** to our **6** winners for getting the maximum points available in 2 categories who will receive a \$40 gift card at the USU Bookstore: **Rob Barton, Kenneth Bergstrom, Cynthia Budge, Jennifer Robinson, Bruce Robinson, Linda Smith.**

**Congrats** to our **36** winners for getting either the maximum points available in 1 category, showing the most improvement, or getting over 1000 total points. These will receive a \$20 gift card at the USU Bookstore or a fancy **Omron HJ112 pedometer:**

**Lazell Allen, Blair Balls, Greg Batty, Howard Bee, Juli Boyd, Daniel Boyd, Renee Bryce, Emily Clyde, Stephen Clyde, Justin Conrad, Pam Dupin-Bryant, Dorothy Davis, Danene Dustin, Doug Garrett, Marilyn Eliason, Mike George, Angela Hackwell, Lee Harris, Shelly Hernandez, Scott Holder, Vivian Johnson, Shannon Johnson, Lisa Morby, Jodi Morgan, Sherrie Morrison, Cindy Nielsen, Jennifer Oler, Debra Parrish, Wendy Pearce, James Powell, Anne Spackman, Stuart Stephens, Julie Stockdale, Amber Summers-Graham, Naomi Weeks, Shelly Witt.**

**Please call Debbie Spackman at the USU Bookstore (Customer Service) at (435) 797-1669 to pick up your prize!**

Thanks again, and *Be Well!* Caroline Shugart, (435) 797-0735.