

Lisa's Healthy Living Challenge

A big *Be Well* thank you to Lisa Leishman, Director of Parking Services, who organized the Healthy Living Challenge for employees. Employees received points for 1) drinking 64 oz of water, 2) 30-60 minutes of physical activity, 3) eating 5-9 servings of fruits and vegetables, and 4) leisure reading. Additional points were earned for getting enough sleep, biking to work, giving blood, and participating in the “**Blue** Goes **Green**” Earth Day walk. Lisa inspired us to *Be Well*.

Team Point Totals:

Team Aggies	9,942 points
Team Big Blue	9,575 points

Celebration Party in *The Marketplace*:

Congratulations to our Challenge Winners:

LeAnna Lammert
Teresa Passey
Rob Barton
Dorothy Davis
Stacie Gomm
Annita Kingdon

Stats:

We lost a total of 420 pounds.
We donated 12 pints of blood.
We took 18 vehicles off the road during bike-to-work week.

