

FALL BACK Into FITNESS CHALLENGE



November 10th – November 24th



Join the 2014 NACS Employee Wellness Fall Back into Fitness Challenge!!

***Available for NACS employees on the health plan.**

This Challenge will award you for incorporating 10 minute intervals of sustained physical activity over the course of the day. Your personal score sheet will describe which physical activities qualify you for points. Your score sheet will be provided to you prior to the start date of November 10th.

- ✓ Track your physical activity efforts EACH day for **2 weeks**
- ✓ Record your 10 minute intervals of sustained physical activity over the course of the day on your score sheet. The more minutes you accumulate throughout the challenge, the better your chances of winning a **FREE \$25.00 gift card to the organic food supermarket - Earth Fare!!!!**
- ✓ Turn your score sheet into Eric Manor each week (2 weeks).
- ✓ One \$25.00 Earth Fare gift card will be raffled off at the conclusion of the challenge. Refer below on how tickets for the raffle can be earned per week.

1 point = 10 minutes of physical activity

Gold Award: 3 tickets per week = 6 points a day/5 days a week or

Silver Award: 2 tickets per week = min. 3 points a day/ 5 days a week or

Bronze Award: 1 ticket per week = min. 3 points a day/ 3 days a week

Please email Eric Manor at eric.manor@parkview.com to register for the challenge or if you have questions.