

POWER PANTHER PROFESSIONALS WELLNESS CHALLENGE

WANT TO BE SIMPLY WELL? WANT TO EARN FREE STUFF WHILE FEELING BETTER?

Complete Challenges #1 & #2 to qualify for Grand Prize.

Challenge # 1: Eat Smart/Play Hard – 8 Week Challenge

January 27th –March 24th, 2014

Rules:

1. Submit your Power Panther Professionals Goal Setting Sheet to your building secretary. The Personal Goal Sheet has been e-mailed to you. The form can be pick up at your building office or obtain on web page.
2. Submit your \$5.00, along with a copy of your goal sheet, to nurse's office, or your building secretary.
3. Submit weekly (on Monday) your daily log totals. Weekly results need to be submitted on-line @ USD273.org/District Information/USD 273 Staff Info/Wellness Challenge. This will be done for 8 consecutive weeks. Use the Daily Paper Log to keep track of your daily progress. Please pick one up in your building office, e-mail or web.
4. A weekly educational/motivating PowerPoint or video will be required for those enrolled in the challenge and will be available on-line to view.

To obtain Web Information on the Wellness Challenge Please go to:

USD 273.org District Information/USD 273 Staff information/Wellness Challenge

We encourage you to use an online fitness tracker in conjunction with our paper log. The Power Panther Professionals recommend using **SuperTracker**: <https://www.supertracker.usda.gov/>

MyFitnessPal is also a great app that you can install on any Smartphone/Iphone/Ipad. If you do not have a devices, the tracker can be used on the computer as well at the following link:
<http://www.myfitnesspal.com/>.

Please remember to keep a physical copy for your records

Challenge # 2: Prevention of Health Issues – Grand Prize will Be Awarded

CHALLENGE # 2 – Time for completion is between August 1 st 2013 and August 1 st 2014 : Grand Prize will be awarded in August 2014 – Proof will be required prior to awarding prize		Check List With Dates Mark N/A if does not pertain to you
Annual Exam with your primary care physician	All Employees	
Annual Exam with Dentist	All Employees	
Biometric Screening(cholesterol, glucose)	Every 3 years or when recommended by physician	
Colonoscopy	Men and Women age 50 and over and when recommended by physician	
Annual PSA –(Prostate Test) - Men only	Men age 50 and over	
Annual Mammograms - Women	Women age of 40 and over	
Continue meeting your Wellness Goal set in Challenge #1	All Employees	

Prizes include for both challenges: (working on obtaining more)

- Paid Compensated Day off (the Number of days depend on the # of employees signed up)
- Massages from Christy Duden
- Wellness Center one month membership
- Cross Fit one month membership x 3
- Body Flex by Eva Shurts group fitness class one month membership x 2
- All access gym membership by Eva Shurts x 1
- Movie Theater tickets
- Shoes from S & S Health
- Cash prizes