Healthy You: Winter 2014

Want to become healthier in 2014? Join WITC Health Services and the Campus Activities Board (CAB) in a fun and motivating challenge. Basically, you’ll be earning points for making healthy choices. Each week, you’ll be entered into a prize drawing if you earn at least 21 points.

This is open to all WITC students and staff. Please sign up in Health Services, Room 109, by Thursday, January 30th and attend a kick-off meeting that day at 11:30am in room 111 to review all the details.

Details:

1. Be sure to register in Health Services, Room 109, by Thursday, January 30th.
2. This challenge is for anyone wanting to make healthy choices, lose weight, maintain your weight or even gain weight. You set your own goals. If your goal is to lose weight, you will be required to weigh in at the beginning of the challenge and at the end of the challenge and can earn 5 points for each pound you lose. You may weigh in more often, but it is not required.
3. Earn points by following the Daily Point Challenge and Daily Bonus Point.
4. Please be honest when calculating your points. The only one you’re hurting by fibbing on your points is yourself!
5. The calendar/tracker is for your use. You do not need to turn it in. You must email your weekly point total each Monday to june.farkas@witc.edu.
6. Any participant with a weekly total of 21 points or more will receive a CAB punch (students only) and will be entered into a weekly prize drawing (students and staff). Prizes may include a water bottle, exercise mat, hand weights, etc.
7. Weekly winners will be notified via email by each Wednesday.
8. We know that money motivates...so the cost to participate will be $5 per student and $10 per staff. The money will go toward weekly and grand prizes.
9. At the end of the challenge, everyone who submitted points each week (no matter how many) will receive a special prize.
10. At the end of the challenge, a grand prize will be awarded to the participant earning the most points (if there is a tie, the winner will be drawn).
11. At the end of the challenge, all other participants who have earned at least 175 points will be entered into a drawing for a final prize.

Questions? Contact June Farkas in Room 109 or Becky Bourque in Room 111A.
**Daily Point Challenge:**

1 point: Eat breakfast

1 point: Drink 4-6 glasses of water

1 point: Get at least 7 hours of sleep the night before

1 point: Eat 5-6 fruits or vegetables

1 point: Get at least 30 minutes of exercise

**Bonus Point:** See “Daily Bonus Points” to the right.

*Maximum Total of 6 points each day!*

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**Daily Bonus Points:**

1 bonus point available per day:

- **Meatless Monday**
  - Don’t eat meat on Monday, and try vegetarian meals instead!

- **Trim Tuesday**
  - Get an extra 30 minutes of exercise.

- **Well Wednesday**
  - Do a stress-relieving activity.

- **Thirst-quenching Thursday**
  - No pop or power drinks today.

- **Fresh & Fruity Friday**
  - Add one extra fruit or vegetable to each meal.

- **Strong Saturday**
  - Do one strength training activity.

- **Smoke-Free Sunday**
  - Be tobacco free! Don’t use tobacco or be in a place that has secondhand smoke.