

# ARE YOU READY FOR THE REVOLUTION?



## Resolution Revolution

### Welcome to the 2017 Spring Employee Wellness Challenge!

#### Better health begins when you resolve to make healthier choices.

The Resolution Revolution is a simple challenge that will help you revolutionize your life, one day at a time. The challenge itself is **easy** and will last four weeks April 10 to May 7, 2017. Take a look at the details below!

#### Everyday, participants will try to do the following:

- Eat at least 3 servings of fruits and vegetables, but strive for 5
- Exercise for at least 15 minutes, but work towards 30
- Drink 6-8 glasses of water
- Take at least 10 minutes for relaxation each day

#### Tracking your progress:

- Each activity listed above earns you points.
- The tracking sheet will be simple and available prior to the first week.
- When the challenge is over, you will be asked to answer a few questions about your progress to be eligible for one of the randomly drawn cash prizes.

#### How do I sign up?

- Click on the link below to join the fun! Grab a co-worker or two and dive into the challenge together!
- Make sure you are signed into your GFPS Google Drive to access the link.
- Please share this sheet with staff who may not have access to a computer or have a GFPS email. They can use a personal email to receive the weekly emails that will be part of the challenge.
- LINK TO REGISTER FOR CHALLENGE: <http://bit.ly/SpringChallengeSignup>

#### Need additional information, have a question or need help registering?

Contact: Jody @ 268-6772 or by email: [jody\\_murray@gfps.k12.mt.us](mailto:jody_murray@gfps.k12.mt.us)

