



Healthy Holiday Challenge



Jumpstart your exercise and nutrition goals by participating in this 4 week contest!



December 13th – January 9th

- Exercise 30 minutes at least 5 days (or more) each week, and
- Eat at least 5 fruits and/or vegetables on those same 5 days (or more) each week.
- Enter your data on the Wellness Website by January 23rd (log sheets accepted).
- All employees and spouses are eligible to participate.
- Make it your goal to Maintain – Not Gain weight over the holidays!
- Prizes will be drawn at Mulzer during the Annual Safety Meetings in March, and for Shamblin the drawings will be held in February.

Mulzer prizes include:

2 - \$500 Visa Gift Cards, 6 - \$100 Bass Pro Gift Cards, 6 - \$100 Gander Mt. Gift Cards, 6 - \$100 Academy Sports Gift Cards, 6 - \$100 Wal-Mart Gift Cards, 20 - \$50 Mulzer Bucks, and 8 - Health Premiums for 6 Pays!

Shamblin prizes include:

1 - \$500 Visa Gift Card, 1 - \$75 Cabela's Gift Card, 1 - \$75 Gander Mt. Gift Card, 1 - \$75 Wal-Mart Gift Card, and 1 – Health Premium for 6 Pays!



"Building a Better You!"

Don't pass this up!

Log sheets will be distributed in December.