



5-A-DAY CHALLENGE

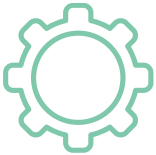
SIGN-UP: 2/6 (sign-ups end 2/27/2017)
CHALLENGE STARTS: 2/20/2017
CHALLENGE ENDS: 3/19/2017



Freshen up your plate with the 5-A-Day Challenge.

The SCHOOLCARE **Good For You!** 5-A-DAY Employer Challenge is a four-week individual challenge that increases focus on healthy eating.

If you're not eating 2 cups of fruit and 2 ½ cups of veggies every day, you might not be getting all the vitamins and minerals you need. Not only do these antioxidant-rich, low-calorie foods keep you healthy, they also help fill you up by adding fiber to your meals or snacks.



HOW IT WORKS:

Give yourself one point for each serving of fruits or vegetables you eat, up to 5 points per day.

- Not sure how to measure one serving? Stick to 1 cup of fresh fruit like a small apple, 8 oz. of fresh juice, or ½ cup of dried fruit like a small box of raisins.
- For vegetables, look for 1 cup of raw or cooked vegetables like an ear of corn, 1 cup of 100% vegetable juice, or 2 cups of raw, leafy vegetables, such as a small salad.

YOUR GOAL:

Reach 100 challenge points to earn incentive
(\$40 for employees, \$25 for spouses & retirees)



Challenge Registration begins 2/6/2017:

Register on your **Good For You!** dashboard under the **Challenges** section.

Challenge Tracking begins 2/20/2017:

Track your progress on your **Good For You!** dashboard under the **Challenges** section.

Questions about this challenge or your wellness program? Call 888-VIVERAE (848-3723).

* Consult your physician before a new physical activity program, especially if you are a man over 40, woman over 50, or if you experience chronic health problems, such as heart disease, diabetes, or obesity.