



## FREE FROM FRIED FOODS CHALLENGE

**SIGN-UP:** 8/7 (Sign-ups end 8/21/2017)

**CHALLENGE STARTS:** 8/14/2017

**CHALLENGE ENDS:** 9/10/2017



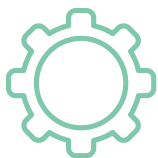
**Good For You!**

Wellness programs by SCHOOLCARE

Show those fried foods who's boss.

The SCHOOLCARE **Good For You!** Free From Fried Foods Employer Challenge is a four-week individual challenge that increases focus on cutting Fried Foods from your diet.

Put down those French fries! If you want to lose weight and feel healthier, then it's time to end your addiction to fried foods. It's true that some fats are healthy—like the ones found in avocados, nuts, and fish—but fried foods are loaded with bad fats that can cause serious health issues. Break those chains and free yourself from fried foods today!



### HOW IT WORKS:

Award yourself one challenge point for each day you don't eat any fried foods.

### YOUR GOAL:

**Reach 20 challenge points to earn the incentive.**  
(\$40 for employees, \$25 for spouses & retirees)



**Challenge Registration begins on 8/7/2017**

**Challenge Tracking begins on 8/14/2017**

Register and track your progress on your **Good For You!** homepage under the **Well-being** 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.

*Cash incentives, payments, and rewards paid to wellness program participants are taxable income. Please review with your tax consultant for more information.*