



SUGAR SMASHER CHALLENGE

SIGN-UP: 4/24 (sign-ups end 5/14/2017)

CHALLENGE STARTS: 5/8/2017

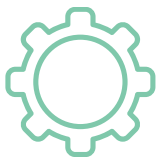
CHALLENGE ENDS: 6/4/2017



Ditch those “empty” calories with the Sugar Smasher Challenge!

The SCHOOLCARE **Good For You!** Sugar Smasher Employer Challenge is a four-week individual challenge that increases focus on maintaining a healthy blood sugar level.

Empty calories are high in sugar instead of vitamins, minerals, and nutrients. They can zap your energy, pack on pounds and put you at risk for diabetes. By eating healthier foods like whole grains, fruits, vegetables, and low-fat dairy products, you can balance your diet and keep your blood sugar in check.



HOW IT WORKS:

Get one point each day you stay away from:

High-Sugar Foods*

Brownies, Candy, Donuts, Pies, Cakes, Cookies, Ice Cream & Pudding

High-Sugar Beverages*

Soda, Fruit Juice, Energy Drinks like Gatorade® Lemonade, Sweet Tea, Flavored Lattes & Cappuccinos

*Sugar-free foods, drinks, and artificial (“non-nutritive”) sweeteners, such as Equal®, SPLENDA®, or NutraSweet® are permitted.



YOUR GOAL:

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

Challenge Registration begins 4/24/2017:

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

Challenge Tracking begins 5/8/2017:

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

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

Note: 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.