

Chill Out Challenge

January 15 – February 12, 2014

Relax, re-charge and re-energize yourself for a less stressful year!

By practicing daily healthy habits like sleeping, relaxing and exercising, you can strengthen your body to better manage both short- and long-term stress.

**Earn 1 point per activity per day
by completing the following:**

- Get 7 hours of sleep
- Relax for 15 minutes
- Complete 30 minutes of exercise

**Accumulate 55 daily points by
February 12 to successfully
complete the challenge and earn 5
credits for the Rewards Program!**

Track your daily activity:

- On the wellness portal at www.KansasHealthQuest.com or
- Print and use the paper tracking form for convenience and enter your points online later or
- Use the MyaHealth mobile app to track your activity on an Apple or Android device.

***Download the free app from the App
Store or Google Play - search for
MyaHealth.***



www.KansasHealthQuest.com