

HEART SMART CHALLENGE

February 1 – 29, 2012

February is American Heart Month. Healthy nutrition and physical activity can help reduce risk for heart disease. Participate in the Heart Smart Challenge to help with your personal accountability in these areas!

**EARN 5
CREDITS!**

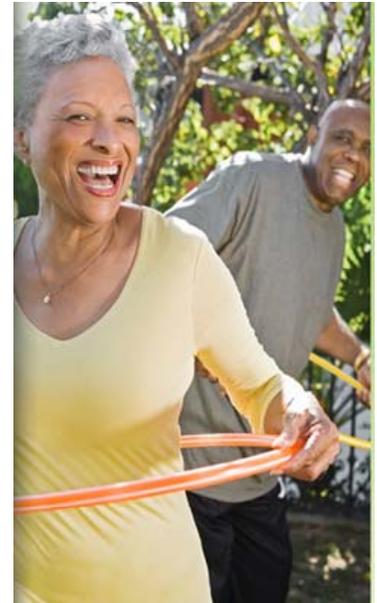


Earn 1 Point Per Activity Per Day By:

- Eating 1 cup of fruit
- Eating 1 cup of vegetables
- Completing 20 minutes of physical activity
- Checking your blood pressure

How the Challenge Works

- Receive 1 point for each healthy activity that you practice each day. Earn up to 4 points daily.
- Your goal is to accumulate 30 points by February 29, 2012.
- By successfully completing the challenge, you will earn 5 credits for the HealthQuest Rewards Program!



How to Track Points

- Track your activity on the wellness portal at: www.KansasHealthQuest.com
- You may print and use the paper tracking form for convenience and enter your points online later.
- Record all activity points online **by March 7, 2012.**
- Credits will be awarded on the portal automatically when you complete the challenge.



www.KansasHealthQuest.com