



New Year New You Challenge

January 16 – February 13, 2013

*Have you been waiting to make a big change and need a little motivation?
Start 2013 fresh and feeling great by joining this fun challenge!*

Earn 1 Point Per Activity Per Day By:

- Getting at least 7 hours of sleep
- Eating a whole grain food
- Eating 3 or more servings of fruits and/or vegetables
- Completing 30 minutes of physical activity

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 50 points by February 13, 2013.
- By successfully completing the challenge, you will **earn 5 credits** for the HealthQuest Rewards Program!

How to Track Your 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 of your points by February 20.**

Enjoy the benefits of including physical activity into your daily lifestyle.

- Studies show that people who are physically active manage stress better, sleep and feel better.
- Even moderate physical activity may reduce risk of heart disease, diabetes and some cancers.
- Enjoy improved health, reduced tension, improved sleep, enhanced self-image, improved physical function, weight management and much more.

5 credits will be awarded to your HealthQuest account when you complete the challenge!