

NEW YEAR, NEW YOU CHALLENGE

January 9 – 30, 2012

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

EARN 5
CREDITS!

Earn 1 Point Per Activity Per Day By:

- Getting at least 7 hours of sleep
- Eating a whole grain food
- Eating a fruit or vegetable
- Completing 20 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 20 points by January 30, 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 February 6, 2012.**
- Credits will be awarded on the portal automatically when you complete the challenge.



www.KansasHealthQuest.com