


3rd Quarter Wellness Challenge

Please click on the link below to register early for the 3rd quarter wellness challenge. The Insurance and Risk Management Department will send a separate email for those that missed the early registration. Materials and a welcome email will be sent before the start of the challenge. Details about the 3rd quarter wellness challenge are below.

CLICK ON BLUE LINK TO SIGN UP- [Healthy Habits Sign up Link](#)

3RD QUARTER WELLNESS CHALLENGE

HEALTHY HABITS CHALLENGE



Win your way to a healthier lifestyle with exciting prizes and events.

Rutherford County is pleased to introduce the Healthy Habits Challenge – an exciting wellness challenge designed to help you eat better, exercise more and take time for mental health. You'll get encouragement every step of the way.

GETTING STARTED

1. Simply set your own personal goals and then work toward them with friends and family.
2. Fill out the SIGN UP LINK attached in this email by August 15th. (Form attached in email)
3. Engagement includes participation in physical activities, educational sessions, and completion of tracking logs (Five a Day food and physical activity).
4. At the end of the Healthy Habits Challenge, I will send out a link to tune into the Live Prize Giveaway Raffle. There will be 20 prizes drawn.

START DATE:

August 21st

END DATE:

Sept. 29th (6 weeks)

INCENTIVES:

15 people will receive \$50 Snappy Gift Cards and 5 people will receive a \$75 gift card to choose their own gift on the Snappy Gift platform.

FREE Classes offered at 2 local facilities.

Together, all the way.®



