



Hello all,

If you haven't had a chance to sign up yet or are still thinking about it, you have until Thursday, March 11th to enter the Fitness Program contest. So far we have approximately **50 people** signed up. On Friday at 9:00 there will be a meeting held in the Plant 1 lunchroom to explain how the program works. At that time, if you have not already received a pedometer, I will be handing them out. Please bring your money along.

The Wellness Committee is encouraging employees to make a commitment to exercising on a regular basis and keeping it a part of your daily lifestyle. To give you a brief snapshot of the program ... it is really a fitness contest broken into 2 categories. One category is for the Couch Potatoes and the Average Joes. The other is for the Fanatics.

The Couch Potatoes / Average Joes will be paired up with another person to form a team. The team will keep track of their daily steps or exercise points on their pedometer or fitness chart and record those points at the end of each day. The team with the most accumulative points at the end of 8 weeks will win the Grand Prize \$250 Get-Away weekend. Every week there will be prizes given away...scroll down below to see what they are.

The fanatics will compete individually. They will keep track of their individual points on a daily basis and turn them in each week to determine the winner.

The contest starts Monday, March 15th. If you cannot attend the Friday meeting, please let me know, so I can schedule another time with you to explain the program.

If you have any questions, please contact me.

Jeanne Kohl

Fitness Prizes

Category 1 – Couch Potatoes and Average Joes

	Goal	Prize	
Week 1	Highest team points	(2) prizes of \$25 savings bonds	Random Drawings will be held each week for movie passes, restaurant coupons, car washes and more.
Week 2	1 st and 2 nd place to the Women's Highest Individual points	(2) \$25 certificates to the Mall	
Week 3	Highest team points	(2) \$25 certificates to Lodi Sausage Company or Jacobson Meats	
Week 4	1 st & 2 nd place to the Men's Highest individual points	(2) \$25 certificates to the Man's Mall - Farm & Fleet	
Week 5	(2) Individual Highest points in a week	(2) prizes of \$25 savings bonds	
Week 6	Highest Team points	(2) \$25 gas cards	
Week 7	(2) Names picked at Random	(2) \$25 certificates for a massage	
Week 8	(2) Most improved people	(2) \$25 certificates to Olive Garden	
Grand Prize	(2) \$250 Get-Away Weekend certificates to the team with the highest accumulative points		

Fitness Prizes

Category 2 – Fanatics

	Goal	Prize	
Week 1	Highest Individual points	\$25 certificate to Movin' Shoes	Random Drawings will be held each week for movie passes, restaurant coupons, car washes and more.
Week 3	Highest Individual points	\$25 certificate to Movin' Shoes	
Week 5	Highest Individual points	\$25 certificate to Movin' Shoes	
Week 7	Highest Individual points	\$25 certificate to Movin' Shoes	
Grand Prize	\$250 Get-Away Weekend certificates to the individual with the highest accumulative points		