



GHT HEALTHY HOLIDAY CHALLENGE

The hustle and bustle of the holidays can interfere with healthy eating. The winter months also make an active lifestyle more challenging. WCA Group Health Trust is excited to offer some extra incentive to its members with a **Healthy Holiday Challenge** from **December 1-28, 2013**. Besides the benefits you receive by eating healthy and staying active, you could help a food pantry of your choice. The WCA Group Health Trust (GHT) will donate to local food pantries chosen by participating members.

It can be difficult to make sure your diet includes the recommended balance of fruits and vegetables when there are parties to attend, shopping to do and family celebrations to participate in. The USDA recommends 2 ½ cups of vegetables and 2 cups of fruit daily. It is also recommended that a person do at least 30 minutes of moderate to vigorous activity each day. WCA Group Health Trust wants to help and hopes you will participate in this challenge.

Eligibility:

You must be a GHT policyholder to participate. To be eligible for the grand prize, your employer must have at least 10 participants.

How the contest will work:

Each participant can earn up to three points/day. One point for consuming 2 ½ cups of vegetables a day, one point for consuming 2 cups of fruit daily and an additional point for 30 continuous minutes of moderate to vigorous activity. The maximum number of points any participant can earn in one day is 3 and the maximum points for one week are 21.

Weekly prizes:

Each week 10 different local food pantries will receive a \$50 donation.

Every week participants will submit their weekly point total. Participants with the highest scores will be entered in a drawing. Ten names will be drawn and those winners will choose a local food pantry, which will receive a \$50 donation from the WCA Group Health Trust in that winner's name.

Prizewinners will be announced on the GHT website (www.wcaght.org), Facebook and Twitter first. A weekly e-mail will be sent after the announcement.

Grand Prize:

1st Place: \$500
2nd Place: \$300
3rd Place: \$200

Besides the individual competition, each GHT employer group is competing for the grand prize. The group with the highest total points at the end of the contest will choose a food pantry to receive a \$500 donation. The group with the second highest point total will select a food pantry to receive a \$300 donation and the third place group will choose a food pantry to receive a \$200 donation. If there is a tie a drawing will be held.

To Register:

Contact Kelly Hageman at
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