



SESSION 1 SPECIAL ENTRY FLYER

THIS SESSION RUNS FROM
FEBRUARY 1- JUNE 30 2024

CHALLENGE YOUR TEAM MEMEBERS!

1. RUNS/WALKS/BIKE-ATHONS----- 25 Points
 - Submit your receipts for reimbursement!
2. STEP CHALLENGE-----25 Points
 - WORK YOUR WAY UP! START AT 1000 STEPS AND WORK UP TO 5,900 WITHIN 60 DAYS
3. TAKE A CLASS-----25 Points
 - This can be physical workouts, yoga, nutrition or any type of class that promotes health and wellness. This can be virtual or in person.
4. NEW RECIPE-----10 Points
 - Try a new healthy recipe! Share the recipe, or a photo.
5. WATER CHALLENGE----- 25 Points
 - Drink at least 4 gallons a week for 4 weeks



Please consult your doctor or Pardee@work with any new exercise or lifestyle change related to diet or health.