

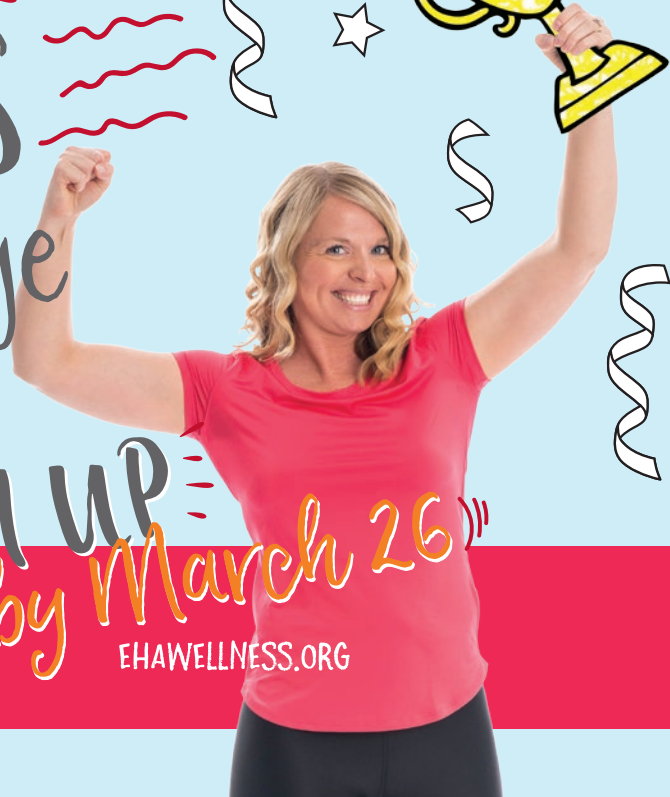
INDY 500
FITNESS
challenge

XXXXXX

SIGN UP
by March 26



EHA WELLNESS.ORG



EHA WELLNESS WORKS

INDY 500 FITNESS CHALLENGE

SIGN UP
by March 26!!!

Join the virtual fitness challenge this month and complete the Indy 500 by racking up laps (points) by exercising, eating healthy, staying hydrated, and sleeping well. You'll have six weeks to complete the race and you'll have the option to team up with five of your coworkers (6 team members total) to race to the checkered flag.

EHA Wellness will convert your healthy behaviors to laps completed – you'll just need to fuel your race car with exercise, nutrition, sleep and water. Every participant receives an EHA Indy 500 t-shirt. Remember this is a virtual race—laps/miles are earned through completing healthy behaviors.

Register today at www.ehawellness.org!

CHALLENGE GUIDELINES - MARCH 26-MAY 6 2018

- Exercise at least 30 minutes, 5 days per week
- Sleep at least 7-9 hours, 5 nights per week
- Drink at least 5 cups (40 ounces) of water, 5 days per week
- Eat at least 2 servings of fruit and 3 servings of veggies, 5 days per week



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