

JOIN THE CHALLENGE

New Year, New You!



New Year, New You is a six-week team-based challenge designed to provide the motivation and support you need to help make your New Year's healthy resolutions a reality.

Registration: Jan. 8 - 26, 2018

Team(s): Employees create their own teams, which can have anywhere between one and 10 members.

Challenge Duration: January 15 - February 25, 2018

Rules: You can earn points on a daily basis (up to a maximum of 1,500) as you begin to move more and eat better. Please refer to the activity points table (on the right) to learn more about how your activities can add up. For the grand prize, team activity points are averaged, so all teams have an equal chance of winning.

Weekly Prizes: There will be weekly drawings for employees who earn an average of 300 points each day throughout the week:

- √ Jan. 16 (registration drawing)
- √ Jan. 23
- √ Jan. 30
- √ Feb. 6
- √ Feb. 13
- √ Feb. 20

The weekly drawing winners will receive a gym bag, cooler and sports bottle.

Get Active	Eat Healthy	Points	Live Well	Points
<p>Time-based activities credits 10 points per minute for moderate activity. For example, 45 minutes of exercise would count for 450 points.</p> <div style="display: flex; flex-wrap: wrap; justify-content: space-around;"> <div style="border: 1px solid orange; padding: 5px; margin: 5px;"> <p>Cardio Machine</p> </div> <div style="border: 1px solid orange; padding: 5px; margin: 5px;"> <p>Walking</p> </div> <div style="border: 1px solid orange; padding: 5px; margin: 5px;"> <p>Yardwork</p> </div> <div style="border: 1px solid orange; padding: 5px; margin: 5px;"> <p>Golf</p> </div> </div> <p>Low-intensity activities are worth 50 percent of moderate activities.</p> <p>High intensity activities are worth 200 percent of moderate activities.</p> <div style="display: flex; flex-wrap: wrap; justify-content: space-around;"> <div style="border: 1px solid orange; padding: 5px; margin: 5px;"> <p>Downhill Skiing</p> </div> <div style="border: 1px solid orange; padding: 5px; margin: 5px;"> <p>Racquet Sports</p> </div> </div> <p>Step-based activities credit 0.10 points per step (recorded as moderate-intensity activity). For example, if you get 7,153 steps in for the day, you will earn 716 points.</p> <div style="border: 1px solid orange; padding: 5px; margin: 5px; width: fit-content;"> <p>Steps</p> </div>	<p>Breakfast</p>	110	<p>Belonging</p>	90
	<p>Fruit: 950g</p>	80	<p>Focused Relaxation</p>	100
	<p>Half Whole Grains</p>	80	<p>Friends and Family</p>	80
	<p>Healthy Fats</p>	90	<p>Goal Tracking</p>	90
	<p>Healthy Snacks</p>	90	<p>Involvement</p>	90
	<p>Lean Protein</p>	90	<p>Leisure</p>	80
	<p>No Sweets</p>	110	<p>Less TV</p>	70
	<p>Real Food</p>	90	<p>Learning</p>	90
	<p>Slower Meals</p>	80	<p>Priority Setting</p> <p>123</p>	110
	<p>Veggies 2 1/2 Cups</p>	110	<p>Sleep</p>	110
<p>Water</p>	70	<p>Time Outside</p>	90	

What is the Grand Prize?

The winning team members will each be awarded a **Fitbit Charge 2**, which is a heart rate and fitness wristband that tracks activity, exercise and sleep.

Did you know? Fitbits are one of the wearable devices that you can sync directly with RedBrick to simplify your experience. Once synced, your steps and physical activity minutes will automatically upload to accumulate towards your incentive requirements.

