

Spring forward

EIGHT WEEK WELLNESS CHALLENGE ▶

As we set our clocks forward this year for daylight saving time, take the opportunity to commit yourself to good health and developing positive wellness habits.

We are encouraging every team member to participate in our Spring forward Eight Week Wellness Challenge.

Each week, we are introducing an easy-to-execute initiative to positively impact your lifestyle.



HERE'S HOW TO GET STARTED:

- REGISTER** Visit AVIFoodsystems.com/Team and complete the registration by Monday, March 11, 2019.
- DOWNLOAD** Print or save this worksheet to track the completion of each initiative. Keep it in a place you will easily see each day, such as the bathroom mirror.
- DO IT!** At the beginning of each week, we will email you about the next initiative. Complete the wellness initiative!
- WIN!** At the end of the eight weeks, let us know how you did. We'll be awarding great prizes!



CHECK EACH BOX TO MARK YOUR PROGRESS!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
START EVERY DAY RIGHT! Your Challenge: Make your morning meal a priority and eat breakfast every day this week. Did you know? A healthy and nutritious breakfast can help burn fat, keep blood sugar even, help fight daytime cravings and keep our brains sharp by helping with concentration and productivity.							<input type="checkbox"/> I completed all 7 days!
11	12	13	14	15	16	17	
GET YOUR BODY MOVING! Your Challenge: Exercise for 30 minutes 4 times or more this week! Be inspired to exercise alone or even better, as a family, since it can also boost quality time together. Did you know? Exercise can have both immediate and long-term health benefits. Most importantly, regular activity can improve your quality of life.							
18	19	1st Day of Spring	21	22	23	24	
WATER DOES A BODY GOOD! Your Challenge: Drink at least 64 ounces of water each day this week. Make a switch. Put the sugary beverages to the side and make water your number one drink. Did you know? Drinking water makes us feel so refreshed that it actually improves our state of mind.							
25	26	27	28	29	30	31	



APRIL

CHECK EACH BOX TO MARK YOUR PROGRESS!

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY

FINANCIAL HEALTH

Your Challenge: Find 3 ways to set yourself up for financial success.

Earmark a tax return refund for retirement; competitively seek the lowest prices for routine expenses such as insurance or phone; set a budget; set up a savings program; or find other creative ideas to save money.

1 2 3 4 5 6 7

I completed 3 or more actions!

TAKE A LOOK AT THE WHOLE PICTURE

Your Challenge: Replace 5 servings of grains with whole grains.

Whole grains are always a better choice! Eat whole wheat breads, brown rice, quinoa, whole grain pastas instead of white rice, white bread or traditional pastas.

Did you know? Whole grains are important for increased fiber and nutrients!

8 9 10 11 12 13 14

I completed 5 or more actions!

PAY IT FORWARD!

Your Challenge: Complete 3 actions to help others this week.

Giving back is good for you! Engage in random acts of kindness, help those in need, or donate time/money to a charity.

15 16 17 18 19 20 21

I completed 3 or more actions!

SLEEP TIGHT!

Your Challenge: Sleep a minimum of 7 hours each night all week long.

Adequate sleep is key to a healthy lifestyle and can benefit your heart, weight, mind and more.

Did you know? Sleep is your body's time to heal, recharge and restore.

22 23 24 25 26 27 28

I completed all 7 days!

FRUIT AND VEGGIE CHALLENGE

Your Challenge: Each day this week, try a fruit or vegetable that you don't usually eat.

Spring is the perfect time to start planting a garden. Make it a great activity to share with your family too. Make it a color challenge by planting an array of different colored fruits and vegetables.

29 30 May 1 May 2 May 3 May May 5

I completed all 7 days!

May 5 - May 25, 2019

Let us know how you did by visiting AVIFoodsystems.com/Team

For each completed initiative, participants will receive one entry ticket.

Medical Mutual and AVI will be giving away \$3,000 in prizes and will send you an email if you are a winner! Good luck and have fun!

Thanks for being a valuable team member and for your commitment to a healthy lifestyle.

Rules for the Challenge

1. Participants must be active full or part-time team members from 3/11/2019 through 5/25/2019, to be eligible to win.
2. Participants do *NOT* need to be enrolled in an insurance plan through Medical Mutual. *All* team members are encouraged to participate.
3. Participants will only be eligible to win one prize. Each entry will increase your chance to win.
4. Chance of winning depends on number of participants.
5. Participants must register for the challenge by Monday, March 11, 2019, 11:59 PM.
6. Participants must complete the verification step (letting us know how many initiatives you completed) by Monday, May 25, 2019, 11:59 PM
7. If you have any questions, please contact Keith McDonald at 330.372.0439 or KMcDonald@AVIFoodsystems.com.