

Take the 5-AI-Día challenge



About the Challenge

The "5-AI-Día Fruit, Vegetable and Physical Activity Challenge" benefits your health by adding more fruits and vegetables to your diet plus increasing physical activity. The goal is to eat at least five servings of fruits and vegetables and adding 30 minutes of physical activity every day for five weeks. You will keep track by using your own personal scorecard.

Timeline

Sign-up: July 27 thru Aug. 7	Week 3: Aug. 24 thru Aug. 30
Week 1: Aug. 10 thru Aug. 16	Week 4: Sept. 31 thru Sept. 6
Week 2: Aug. 17 thru Aug. 23	Week 5: Sept. 7 thru Sept. 13

How to Sign Up

Provide your name, e-mail address, phone #, department and employee ID # to Gaby Villarreal, Wellness Coordinator: @ gvillarreal@webbcountytexas.gov or call ext. 4138. After signing up, you will receive your challenge packet by email or you can stop by the Administrative Services Department to pick up a hard copy. Deadline to sign-up is Aug. 7, 2014 @ 4:30 p.m.

What do I have to do?

- Simply record the fruit and vegetable servings you eat daily plus physical activity and tally your score
- On Sunday total your points for every day of the week (1 serving =1 point & a total of 30 minutes of activity =1 point)
- Submit your completed scorecard to your Wellness Coordinator on its due date. Mon. 8/17, Mon. 8/24, Mon. 8/31, (Tue) 9/8 and Mon. 9/14.

Prize Drawings

A drawing for prizes will be held at the end of the five-week campaign! Your scorecards are your entry forms for the drawing. The more weeks you turn in, the more chances you have of winning a grand prize! Scorecards must be turned in every Monday, starting August 17, 2015, 8/24, 8/31, (Tue.) 9/8 and 9/14.

To qualify for a Gift Card, the scorecard must be filed stamped with the correct due date and all 5 scorecards must be submitted.

Earn a Bonus

Check out the weekly flyers for even more chances to earn special bonus prizes.