

TO ALL CITY OF QUESNEL EMPLOYEES

WE CHALLENGE YOU!



Your EFAP Committee is throwing it down!

Employee Spring Health & Wellness Challenge

6-week challenge based on a four dimension model of wellness

1. Nutrition (fruits & veggies, water intake etc.)
2. Fitness (cardio, strength training, walk your dog etc.)
3. Healthy Habits (stop an unhealthy habit, read before bed etc.)
4. Emotional Wellbeing (sleep, volunteer, be grateful etc.)



How it works:

- Each employee who wishes to participate will receive a weekly activity tracker, which you can use electronically or manually. The tracker will list out a number of activities to do under each category above. As you accomplish one you will check it off. You will get a point for each activity completed. These activities will change and increase to challenge you further each week.
- At the end of each week submit your completed form and those participants who achieve a minimum of 50 points for the week will automatically be entered into a draw for a weekly prize. All participants will receive a participation reward at the end.
- At the end of the six weeks if participants successfully achieved 50 points for a minimum 5 out of 6 weeks they will be automatically entered into a grand prize draw, which will be presented at this year's Joint OHS/EFAP Employee BBQ on Wednesday, May 9th.
- We are all winners by just making health and wellness a priority each day so signup and challenge yourself to do better!

How to get started:

Challenge will begin: Sunday, March 18th and end Saturday, April 28th

First weeks Activity Tracker comes out
Thursday, March 15th so get ready!

Each week you will get a newly revised weekly tracker, which you will fill out and submit, to Nancy in Human Resources. Either in paper form or via email ncoe@quesnel.ca

