



2015 -2016

# Healthy Points Wellness Rewards Supplemental Activities Guide



CATEGORY	SUGGESTED ACTIVITIES & POINT VALUES
<b>Physical Activity/Fitness</b>  <b>Earn up to 10 Points</b>	<ul style="list-style-type: none"> <li>✓ Any 5k Run/Walk (10 pts)</li> <li>✓ <u>MAC Wellness Center</u></li> <li>✓ <b>Espresso Bikes:</b> Points per completed event: Basic = 1; Moderate = 2; Challenge = 3; Extreme = 5</li> <li>✓ Use <b>Precor Treadmill, Elliptical and/or AMT</b> for 30 min. 3X/week for a month (5); Get your <b>Precor Key Fob</b> for an extra 1 pt.</li> <li>✓ Use the <b>FreeMotion Treadmills</b> for 30 min 3X/week for a month (5 )</li> <li>✓ <b>Weight training</b> 15 min. 3X/week for a month (3 pts)</li> <li>✓ <b>Fitness Class</b> (ex. Zumba, Yoga, Spinning) 1 pt/class</li> </ul>
<b>Nutrition</b> <b>Up to 10 points</b>	<ul style="list-style-type: none"> <li>✓ <b>Lunch and Learn Sessions</b> - 1 point each</li> <li>✓ Any Session with a Registered Dietitian -5 pts per session</li> </ul>
<b>Weight Management</b> <b>Up to 10 points</b>	<ul style="list-style-type: none"> <li>✓ Strive for or maintain a healthy weight based on your height (5)</li> <li>✓ Participate in an organized weight loss program (5)</li> <li>✓ Have your BMI Measured and learn what your number means (5)</li> </ul>
<b>Stress Management</b> <b>10 pts total</b>	<ul style="list-style-type: none"> <li>✓ Yoga , Meditation, Tai Chi = 1 point/class</li> <li>✓ Walk to relieve stress – 30 minutes 3 times/week for one month</li> <li>✓ Have your blood pressure checked once per month (2)</li> </ul>
<b>Tobacco Cessation</b> <b>10 pts total</b>	<ul style="list-style-type: none"> <li>✓ Join an organized program in your community</li> </ul>
<b>Safety</b> <b>10 pts total</b>	<ul style="list-style-type: none"> <li>✓ Complete a CPR/AED Class-5 pts</li> <li>✓ Complete a First Aid Course-5 pts</li> <li>✓ Complete any Self Defense Class/course-5 pts</li> </ul>
<b>Maternity</b> <b>10 pts total</b>	<ul style="list-style-type: none"> <li>✓ Infant CPR-5 pts</li> <li>✓ Baby Care/ Other Parenting or prenatal classes-5 pts each</li> </ul>
<b>Health Fair</b> <b>10 pts total</b>	<ul style="list-style-type: none"> <li>✓ <b>MAC Multiphasic Blood Screening</b> - April (10 pts)</li> <li>✓ Complete any multi-phasic blood screening or annual bloodwork (10)</li> <li>✓ Other Community health fair event (5)</li> </ul>
<b>Miscellaneous</b> <b>10 pts total</b>	<ul style="list-style-type: none"> <li>✓ Join Us for <b>Lady Mounties Pink Out Volleyball Game</b> on Oct. 20 -2 pts</li> </ul>