

# SPS Wellness Challenges 2017-2018

This flyer includes general information about SPS Employee Wellness Challenges and Incentives for the 2017-2018 school year. Challenge dates, rules, and terms will be listed within the directions of each individual challenge as they are released. Check the Staff Portal and your building's Wellness Champion for more details.



## Challenge

~Gift a Greeting~  
Compliment Others

## Incentive

(1) Leave 1 Hour Early Ticket  
Rules & Terms Apply - Stated in Challenge Directions



~Start Smart~  
Eat Breakfast Everyday

SPS Fitness Star T-Shirt



~Power of 3~  
Enjoy 3 Complete  
Meals Each Day

SPS Logo First Aid Kit



~Dump the Slump~  
Keep Good  
Posture All Day

SPS Logo Ear  
Buds

~Four Challenge Completion~  
Register and Complete all 4 Challenges  
to be Entered into a Raffle for 10  
Available One Year YMCA Memberships.  
(\*\*Taxable Income)

Complete the Required MHA, Annual  
Physical Exam or Biometrics Screening  
by 05/15/2018 to receive a \$200  
Wellness Award.  
(\*\*Taxable Income)

\*Incentives will be issued to the first 200 members per challenge who register and complete each activity in its entirety.

\*\*Prizes such as the YMCA Membership and \$200 reward are taxable income for the winner.