

# SPS Wellness Challenges 2018-2019

This flyer includes general information about SPS Employee Wellness Challenges and Individual Incentives for the 2018-2019 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, or [wellness.spsk12.net](http://wellness.spsk12.net)

## Challenge



~Snooze for Seven~  
Collect Sleep Hours

## Incentive

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



~2 Minute Exercise Drill~  
2 Min. of Activity Each Day

SPS Fitness Star Hoodie



~Dine In~  
Prepare Meals at Home

SPS Logo Lunch Cooler



~Brain Teaser~  
Keep Your Brain Active

SPS Logo Gym Bag

~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.