



FREE for BGSU faculty, staff, and students.

Wellness Challenge: JUNE 22 – AUGUST 2

Strive to be healthy and happy! Join this fun 6-week challenge and receive the support and guidance to make healthier choices.

- Discover how consuming a healthy diet filled with a variety of fruits and vegetables can increase your energy level and make you feel better.
- Learn helpful tips such as the best ways to store produce to keep them fresher longer and new ways to prepare a variety of healthy food choices.
- Discover how to incorporate more physical activity into your day and the positive impact it has on your health.
- Gain knowledge on various mindfulness and relaxation techniques and bring more joy into your daily life.



Participating is as easy as 1, 2, 3!

1. Register

Join as an individual or as part of a team. Register online at www.bgsu.edu/wellaware. Registration deadline is June 19.

2. Track Your Progress

From June 22 – August 2, track your daily habits using the Strive for FIVE scorecard provided.

Earn Points by achieving these goals:

- ✓ Move More: Exercise 30 minutes or more, 5 days per week.
- ✓ Eat Well: Consume 5 or more servings of fruits and vegetables per day.
- ✓ Stress Less: Engage in 5 minutes of mindfulness or positive thinking per day.

3. Earn a prize while you improve your health!

Submit your weekly points online to the program coordinator at the end of each week. Reach a point goal and win a prize. At the end of the six weeks, all participants/teams who reach the minimum point goal are awarded an incentive prize.

Stay motivated by competing with others in the challenge! The top 2 teams and top 3 individuals with the highest points win a special reward!



For More Information:
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