Instructions for Sauk Get Active Wellness Program

The Sauk Get Active Wellness program is designed to motivate individual participants to be involved in their overall well-being by participating in four designated areas. Participants receive points for participation in any or all of these activities. There is a $5 participation fee for this program. Print out registration form to participate.

Each participant is provided with a list of Scheduled Events that they can do as well as a list of exercise/activities broken down by level of intensity to earn points.

In addition, participants can contribute to the Wellness Blog or volunteer time at College or outside community events to earn points. More detailed information is provided below.

Honesty is assumed in recording of activities for points.

Scheduled Activities – Participation in the scheduled activities is the easy way to earn points. If you participate in any of the scheduled events, you are required to sign in prior to participating. Points will be applied by the Wellness Committee to your account.

Exercise – Perform a listed exercise/activity for at least 20 minutes and record the activity on the Activity Tracking Form to receive points. The Wellness Committee will assign points for activities performed and recorded that are not on the Activity list.

Wellness Blog – Create a healthy recipe or write a review of a wellness/health article to the Wellness Blog and earn 10 points for each post. Email your post to Greg Noack. Be sure to record this activity on theActivity Tracking Form .

Community Service – Participate in College or community events and record them at Activity Tracking Form to receive 10 points for each event.

Print out the Point Tabluation sheet for more information.

QUALIFYING FOR PRIZES

Participants are eligible for prizes based on the total points earned over the course of the Wellness program.

Prizes will be awarded each month at the Winner's Birthday party. Monthly awards will be on a graduated system. The longer you participate, the bigger the monetary value of the prize.

Grand prizes will be handed out during the Single Parent Luncheon on Monday, December 17 (tentative) and Tuesday, April 2, 2013 at 12:30 p.m. in the cafeteria during the Spring Workshop.