



## MAY 6 - JUNE 16, 2018

Gather your team of four and join us for this year's wellness challenge. It doesn't matter what your fitness level is as this challenge is designed for everyone. All ages are encouraged to participate!

Earn points for doing things like exercising, drinking water and even volunteering. Compete for prizes and increase your overall wellness.

**REGISTER YOUR TEAM BY MONDAY, APRIL 30.**

For more information visit  
[www.sanfordcantoninwood.org](http://www.sanfordcantoninwood.org)



**SANFORD**  
Canton-Inwood

# Live Well. Be Well. Community Wellness Challenge

May 6-June 16

No matter your age or fitness level, this wellness challenge was made for you. Gather a team of four and start your journey to improving your health.

## WIN PRIZES

- Weekly drawing for prizes sponsored by First Bank & Trust in Canton.
- Cash prizes awarded to the top three teams.
- Everyone receives a participation gift.
- Individual prizes awarded to the Mile Challenge winners.

## EARN POINTS

There are many ways to earn points, complete details provided upon registration.

- **Daily Exercise**
  - 1 point: 15-30 min.
  - 2 points: 31-45 min.
  - 3 points: 45+ min.
  - Note: Activity must raise heart rate and generally be considered exercise such as biking, walking, swimming, etc. Activities like playing catch, leisurely walking, raking leaves, etc. do not count.
- **Daily Water Consumption**
  - 1 point: 8-16 oz.
  - 2 points: 17-32 oz.
  - 3 points: 33+ oz.
- **Weekly Nutrition Challenge**
  - 10 points for completing weekly nutrition challenge.
- **Grow a Garden**
  - 10 points for growing a garden. This is a one-time credit that can be awarded at any time during the challenge.
- **Volunteer Weekly**
  - 1 point: 1-2 hours
  - 2 points: 3-4 hours
  - 3 points: 5+ hours
  - Note: On-call hours do not qualify.

- **Community Events**
  - 5 points for attending, supporting or participating in a community event. Points may not be doubled as volunteer hours.
- **Worship**
  - 5 points for attending a worship service.
- **Education**
  - 5 points for attending a class, workshop, or reading a book.
- **Medical Screenings/Exams**
  - 50 points for having an annual wellness exam or well child exam with a medical provider.
  - 10 points for each preventive test completed (mammogram, colonoscopy, dental visit, vaccinations, eye exam, and flu immunization).
  - Note: Tests must be completed from May 6, 2017 to present.
- **Donations**
  - 5 points for donating to a local charity.
- **Shop Local**
  - 5 points for shopping at one local business.
- **Bonus Points**
  - Bonus points are offered weekly for completing additional challenges.
- **Individual Mile Challenge**
  - Keep track of the miles you walk, run, bike or swim during the Wellness Challenge. Prizes will be awarded to the top four individuals for the most miles traveled.
- **Age Incentive**
  - If you are under 18 or over 65, you get an extra 10 points.

Visit [sanfordcantoninwood.org](http://sanfordcantoninwood.org) for more information.

## REGISTRATION

Please complete and return with \$60 team registration fee to:

Sanford Canton-Inwood Medical Center, Community Wellness Challenge, 440 N. Hiawatha Dr., Canton, SD 57013. Please make checks payable to Canton-Inwood Area Health Foundation.

Team Name: \_\_\_\_\_

Captain: \_\_\_\_\_

Email (required): \_\_\_\_\_

Phone: \_\_\_\_\_

Member #3

Email (required): \_\_\_\_\_

Phone: \_\_\_\_\_

Member #2 \_\_\_\_\_

Email (required): \_\_\_\_\_

Phone: \_\_\_\_\_

Member #4

Email (required): \_\_\_\_\_

Phone: \_\_\_\_\_