

TO: Mayors/Wardens, Councillors, All Units

RE: JOIN THE SIX WEEK HEALTHY EATING CHALLENGE—STARTING FEBRUARY 13TH

We thought the e-mail below would be of interest to our Members:

Join the Healthy Eating Challenge

Most working adults spend more than half their waking hours at work. It makes sense to start thinking about what we are eating as a part of the workday. Healthy eating can help us feel, work, and think better. Healthy employees may also have less sick time and can be more productive at work.

The Health Eating Challenge is a fun and engaging way to promote healthy eating and team building in your municipality.

Here's how it works:

- The challenge is 6 weeks long (February 13- March 25) with a new theme each week.
- Each week there are four challenge activities to choose from. You complete one activity each day.
- [Register here](#) as an individual or as part of a team for motivation.
**FYI- creating teams is for motivation only.
- Participants earn points on an individual basis, however your individual points will be combined with other co-workers to give your municipality a total score. The top 8 municipalities with the highest number of accumulated points at the end of week 3 and 6 will be placed in a draw, to win an \$80 grocery store gift card to provide their employees with healthy snacks in the lunch room or break room for a week.
- Individual prizes will also be awarded on a weekly basis

Sign up today to take the challenge! More information on the challenge will be released in an information package 1 week prior to challenge.

[Register Here](#)

Please feel free to circulate within your organization.

Rebecca

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PLEASE NOTE: If you do not want to receive communications from UNSM, please e-mail Tracy Verbeke at tverbeke@unsm.ca, and you will be removed from the mailing list.