

REACH YOUR PEAK



Two healthy steps you can take daily to boost your energy to help you reach your peak performance: Eat healthy snacks and take time during your day to stretch.

Earn 1 point for each healthy step you practice each day. If your total points for the month are 60 or greater, you will earn a \$20 HRA contribution!

EARN 1 POINT FOR EACH TIME YOU:

- ▶ Take a 5-minute stretch break
- ▶ Eat a healthy snack

Max points/day: 4

