

WELL AT WORK



Making healthy changes is about creating new habits, at home and at work. With this challenge you'll learn how you can create new, healthier routines during your workday.

You'll earn 1 point for each healthy habit you practice each day. If your total points for the month are 100 or greater, you will earn a \$20 HRA contribution!

EARN 1 POINT EACH DAY FOR:

- ▶ Sleeping at least 7 hours
- ▶ Eating a nutritious breakfast
- ▶ Bringing your own healthy lunch vs. ordering takeout
- ▶ Stretching/exercising at least 15 minutes during your work day

