



**Back by popular demand!**

**SCUSD “Step Into Wellness” program invites you to participate in a nutrition challenge!**



**Sponsored by: Western Health Advantage**

<b>Registration starts</b>	<b>Monday, April 23, 2018</b>
<b>Competition start date</b>	<b>Tuesday – May 1, 2018</b>
<b>Last day to register</b>	<b>Tuesday – May 8, 2018</b>
<b>Competition ends</b>	<b>Tuesday – June 5, 2018</b>

- 1** Register as a Team leader or member of a team. An official team consists of a Team Leader and 3-4 Team Members.  
Registration link: <https://scusd.colorfulchoices.com>
- 2** Give yourselves a fun team name! Team Leaders can invite coworkers to join their team. Ask a Team Leader to be on their team! You can also participate individually.
- 3** Start logging your fruits and vegetables beginning **Tuesday, May 1<sup>st</sup>**  
Do this either online or via the “Colorful Choices” App! Have fun and foods you eat coordinate with the colors! It’s best to log daily so you don’t forget what you ate!

**Enjoy a rainbow of health!**

**Last day to register is Tuesday, May 8<sup>th</sup>**

**Competition ends on Tuesday, June 5<sup>th</sup>**

**There will be prize drawings for participation at mid-point and at the end of the “Colorful Choices” challenge.**

**You could win water bottle, tee shirt, pedometer, bluetooth speaker, and more.  
Details on back of flyer**

Questions? Go to FAQs on “Colorful Choices” website <https://scusd.colorfulchoices.com>  
If you experience technical issues select the “contact us”. For wellness program information email Cathy Rasmusson, Wellness Coordinator [healthybusiness2@gmail.com](mailto:healthybusiness2@gmail.com)



## You can be a Colorful Choices WINNER!

### **First place team**

Team Leader – Nutribullet blender

Team Members – Your choice of salad bowl or cookbook

### **Second place team**

Team Leader – Bluetooth

Team Members – Your choice of tee shirt or lunch tote

**Official Teams consist of 4-5 Members including the Team Leader**

### **Participant prize drawing**

Everyone (team or individual) who logs their fruit and vegetable intake a minimum of three (3) times per week for the duration of the program will be entered into the drawing for a chance to win one of the following prizes:

Cookbook      5 winners

Salad keeper   10 winners

Water bottle   10 winners

