



Sacramento City Unified School District
Employee Wellness Program invites you to
participate in

**“Get Fit with Route 66”
Physical Activity Challenge**



1. **Register** individually starting **September 11, 2017** at <https://scusd.getfitonroute66.com>
Last day to register October 2, 2017.
2. **Form teams.** Gather coworkers and form a team of 4-5 members. Come up with a fun team name! A team is officially recognized when there are at least 4 members (including the team leader). Teams must be formed by **October 2, 2017.**
3. **Drawing.** Team leaders and all members of the first 10 teams will be entered into a drawing to receive one of six items: \$25 gift card or walking kit!
4. **Start** entering your physical activities beginning **September 25, 2017.** Do this either online or via the “Get Fit on Route 66” App! It’s best to enter daily so you can track your activity level!
5. **School-to-school or Department-to Department challenge (optional).** Add to the fun! Challenge another school or department. A group of three teams from one department or school can challenge a group of three teams from another school or department. Winners are eligible to receive prizes.
6. **Keep going!** All participants logging in and entering activities each week will be entered into drawings mid-way and at the end of the challenge. The first place and second place teams will also receive incentive items. See page 2 of this flyer for details.
7. **Challenge ends on November 19, 2017.** All activities must be logged by **November 20, 2017** in order for your points to count.



**Tour the towns along “Route 66”
Have fun on the journey
Travel safely!**



For more information on “Get Fit with Route 66” email Cathy Rasmusson, Wellness Coordinator
healthybusinessdesigns@yahoo.com or visit the Risk Management page on District intranet.

Incentive Information



**Register for
“Get Fit on Route 66”
Challenge by
October 2, 2017**
All members of the first 10 teams
will entered in drawing to win
One of five \$25.00 gift cards

**Download the mobile app
and bookmark the “Get Fit
on Route 66” website.**

**Start entering your physical
activities online or via mobile app
beginning September 25th, 2017**



**“Get Fit on Route 66” challenge
Ends November 19, 2017
All entries must be made by November 20, 2017 to count**

Drawing for Mid-program Prizes
All participants who log in their activities
at least once a week for the first four
weeks will be entered into drawing to
receive one of the following items:

- Stability ball (1)
- Gym bag (1)
- Walking kit (3)
- “Step into wellness” tee shirt (2)

End of “Get Fit on Route 66” Challenge Prizes

Team challenge winners (determined by points)

Top teams District-wide

First place team:

Team leader – Bluetooth speaker

Members of team and team leader \$25.00 gift card

Second place team:

Team leader –Bluetooth speaker

Members of team – sports bag

School to School or Department to Department Challenge

Winning school or department for each challenge school or department

Large fruit & vegetable delivery

**All team members of winning school(s) or department(s) will receive walking kits or
water bottle**

Everyone who has logged in every week for all 8 weeks will be entered into drawing to win items:

- \$25.00 gift card (10)
- Sports bag (4)