



*"Step Into Wellness"*

**Your District's employee wellness program  
invites you to participate in**

## **WORLDWIDE** *Wellness* *Challenge*

Want to go on an exciting world-wide tour to help feel your best? Then today's the day to plan your trip. Travel around the world, stopping at amazing hot spots as you record health/wellness behaviors. In Worldwide Wellness, you'll record physical activity, practicing self-compassion and developing active listening skills. Earn points and pins as you build well-being habits that last long after your journey is over.

You have the option to participate as an individual or form a team of 3-5 coworkers and support each other to reach goal(s) over the course of 6 weeks. The first 50 registrants will be entered into a prize raffle drawing for \$50 gift card. Four winners. **Register online or mobile phone URL** <https://scusdemployeestepintowellness.worldwidewellnesstoday.com>

### **Important dates!**

**Registration opens: Monday – January 16th**

**Start date: Monday – January 30th**

**Last day to register: Monday - February 6**

**Challenge ends: Sunday – March 12<sup>th</sup>**

### **Team prizes**

First place team Team Leader: Fitbit and \$50 gift card. Team Members: Fitbit

Second place team Team Leader: Fitbit and gym bag with workout equipment. Team Members: \$50 gift card.

### **Participation prize drawings for all participants, regardless of on a team or not.**

Everyone who logs in at least once each week will be entered into prize drawing at mid-point and at the end of the challenge to receive bluetooth speaker with wireless charger.

***"Worldwide Wellness"* challenge is sponsored by Kaiser Permanente**

*"Worldwide Wellness"* challenge is restricted to Active employees only (no retirees or dependents). If you have questions or would like additional information click on "contact us" on registration welcome screen or email Cathy Rasmusson, SCUSD Wellness Coordinator, at [healthybusiness2@gmail.com](mailto:healthybusiness2@gmail.com).