



Participant Packet Letter

August 16, 2016

Dear Webster County Health Participant:

Lace up your sneakers, get stretched and pump yourself up for tip-off in the Bounce challenge! Bounce challenges you to score points in three categories:

- **1 Pointers:** Earn a point for every 10 minutes of cardiovascular activity you perform each day, up to a maximum of three points.
- **2 Pointers:** Earn two points for each day you get at least 8 cups of hydration from non-alcoholic beverages. Water is the preferred drink, but you can earn points for drinking coffee, tea, fruit juices and sodas.
- **3 Pointers:** Earn a bonus three points weekly for planning your activity. The easy to use Game Plan can be downloaded from the challenge site and filled out as you plan for the week's exercise.

By earning points, you will work your way up the ranks and through various levels of skill during the challenge. Here are the levels you will strive for:

- 0-74 points: Up and Coming Prospect
- 75-139: High School All-American
- 140-159: College Star
- 160-184: Professional Player
- 185-209: Professional All-Star
- 210+: Hall of Famer

Game time!

The Bounce wellness challenge begins on [Monday, August 22nd](#) and ends on [Sunday, October 2nd](#). Return your completed Player Score Card to the challenge coordinator prior to Amy Porter in Human Resources by **Wed. Oct. 5th** to ensure entry into a prize drawing.

Along the way, we'll send you tips and information on events planned in our community to inspire and support you in your efforts to live more healthfully.

If you have any questions regarding the Bounce wellness challenge, please contact the challenge coordinator, Amy Porter at 515-573-1148 or aporter@webstercountyia.org.

Good luck to everyone and let's Bounce!

Healthy Regards,

Your Webster County Wellness Committee

Amy Porter, Clark Fletcher, Andy McGill, Angie Schliske,
Erin Ford, Lindsay Kavanaugh and Tanya Martinson