

## LOL PARTICIPANT PACKET LETTER

It is a fast-paced world we live in. And few of us take time to LOL That's LIVE Out Loud!

LOL'ing involves taking time to do activities that put us in a great state of mind. Taking the LOL: Live Out Loud wellness challenge is going to provide an opportunity for you to intentionally make time each day for some LOL'ing. This program will challenge you to identify LOL activities that elicit enjoyment and then make it a priority to regularly infuse them into your daily routine.

### Let's Get Started

The LOL: Live Out Loud challenge begins on **Monday, April 18<sup>th</sup>**. Please take a few minutes prior to this to familiarize yourself with the challenge rules and guidelines contained in the attached participant packet.

The goal of this challenge is for the participant to attempt to complete an LOL activity, as well as, 30 minutes of cardiovascular exercise each day. You will record your LOL and cardiovascular exercise activities on the LOL Scorecard.

Participants may earn 50 points daily for performing an LOL activity or activities of their choosing for a total of 30 minutes. Another 50 points will be awarded daily for completing 30 minutes of cardiovascular exercise. Again, it is your choice what cardio exercise activity you complete.

### Win Big When You LOL!

Finish out the LOL: Live Out Loud challenge on **May 29<sup>th</sup>** with 3,000 or more points and your name will be entered into a drawing for a set of tickets to **SHELLABRATION!** All participants turning in their scorecard by **Wednesday, June 1<sup>st</sup>** have a chance to win. Participating in this program will also earn you your next \$50 gift card from ISAC!

Be sure to return your completed game board to Amy Porter in Human Resources by June 1<sup>st</sup> to qualify for the prize drawings and to get your name submitted to Wellmark for a gift card reward!

If you should have any questions along the way, please feel free to contact me. Happy LOL'ing!

In Good Health,

**The Webster County Wellness Committee**

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