

2021 Southern Union Conference Employee Wellness Program (Our wellness program has nothing to do with Ascend to Wholeness)

Take care of your body. It's the only place you have to live. ~ Jim Rohn

Our Goal: Abundant life in mind, body, and soul, not just in body!

Program Components:

1. Eleven monthly challenges Jan-Nov @ \$35 each = \$385 (paid in December).
2. Up to 16 monthly workouts @ \$2 each = \$352 (16x \$2 x 11 months).
3. Eleven monthly steps competitions Jan-Nov. Winner gets \$50 gift card.
4. Annual steps competition (You're ineligible if you've won within the past 3 years)
 - 1st place: \$500
 - 2nd place: \$300
 - 3rd place: \$100
5. A1C (blood sugar). You will get \$20 for every 10th of a point you reduce your A1C.

Example: If your starting A1C is 7.5 and you reduce it by 10 points to 6.5 you'll get \$200 (\$20 for every .10 reduction). Also, if you already have a healthy A1C and keep it under 5.5, you will get \$100.

Because of COVID and our inability to offer a health screening at the office, please have your health care provider check your A1C if participating.

6. ANNUAL WEIGHT LOSS COMPETITION UPDATE: We will have a modified annual weight loss competition IF we're able to have a health screening at the office later this summer. Cash prizes to be determined.

**** NEW FOR 2021: The required 30-minute exercise sessions have been reduced to 20 minutes to allow for high intensity interval training sessions because a 20-minute HiiT session is just as effective as a 30-45 minute "traditional" aerobic workout.

Exercise logs are due by midnight on the 10th of each month in order for you to be eligible for any financial rewards you earned in that given month (to be paid in December). If you miss a month, that month won't count. Also, you only have to report the activities you're interested in being rewarded for. Example, if you don't care about competing in the monthly or annual steps competition, you don't have to report your steps.