Battle at Boeing Wellness Competition:
Healthy Habits Challenge

SCHEDULE OF WEEKLY BONUS ACTIVITIES

(tentative)

Week	Bonus Activity	Points
Week One: January 23-29	Join a gym, exercise program, or sports league such as Sun City Kickball. (*If already a member, show proof to team captain to receive points.)*	5
Week Two: January 30-February 5	Time to relax! Enjoy a 10-minute chair massage for only $8. A massage therapist will be in the Health Resource Center on **February 1st** and **February 3rd**. ***PLEASE CALL 887-6790 BY JANUARY 25TH TO SCHEDULE AN APPOINTMENT.*** AND/OR Participate in the El Paso Marathon *(February 5th)* Registration Info: http://elpasomarathon.org/	5 Full Marathon: 30 Half Marathon: 15 5K run/walk: 10
Week Three: February 6-12	Call your PCP, OBGYN, and/or dentist to schedule your annual exam. (*Actual exam does not have to be this week.)* AND/OR Visit your nearest United Blood Services location to donate blood. *(If you donated on January 20th during the Ed Center blood drive, you may receive credit.)*	3 5
Week Four: February 13-19	Race or "Sleep In" for the Cure *(February 19th @Cohen Stadium)* Registration Info: http://www.komenelpaso.org/komen-race-for-the-cure/	5K run/walk: 10 "Sleep In": 5
Week Five: February 20- 26	Scenic Sunday: Join your team on Sunday, February 26th as we walk along El Paso's beautiful Scenic Drive. *(Road closes to drivers and opens to the walkers/runners from 7:00AM till noon.)*	5
Week Six: February 27-March 4	Attend the Employee Benefits presentation on February 27th @5:15 (PDC) *This Retirement Planning Seminar reviews the different tax deferred retirement plans offered by EPISD through payroll deduction to help supplement retirement. It includes coverage of TRS Retirement and how any Social Security Income benefits may be affected.* AND/OR Try a sport or recreational activity you have never done before. AND/OR If you received any of the Preventative Care Immunizations (Tdap, Hep A, or Hep B) that were being offered on Feb 1st, 15th, and 29th in the Health Resource Center, add 5 bonus points.	5 5 5