The Clay County Wellness Committee Challenges all Employees to join the Madness!

Challenge begins March 4, 2018
Reminder: Use your Fitbit activity tracker as a tool to track your daily steps! Watch your email for up-coming Fitbit challenges!

March 4, 2018 - March 31

Bring on the Madness

Prize winners will be posted
Tuesday, April 17, 2018
http://www.lcsc.org

Join the “LCSC March Madness” spring fitness challenge. Too icy to walk outside—check out the Tunnel at the Family Services Building.

Requirements: Exercise 5 times a week and submit a completed activity log (see page 2) to Sue Olson at the WIC Office by Monday, April 2nd.

Prizes upon completion: You will be eligible for a drawing to win a $20.00 Fleet Farm Gift Card! LCSC will give away 50 gift cards.

Questions? Contact Sue Olson @ 299-7161 or by email sue.olson@co.clay.mn.us
# LCSC March Madness

**March 4, 2018 - March 31, 2018**

Spring is just around the corner and being in great shape makes this time of the year more energizing than ever! Meet the important daily requirement of physical activity most days of the week because it is... **LCSC March Madness!**

**Rules:**

**Level 1** - If you are just starting a physical activity program
- Put an “x” in the box for each day that you complete **7,000 steps** or **20 minutes** of physical activity.

**Level 2** - If you already exercise 2-3 times per week
- Put an “x” in the box for each day that you complete **10,000 steps** or **30 minutes** of physical activity.

- At the end of each week, total the number of days that you met the minimum requirement of your selected level. To be eligible for the drawing, you must meet the minimum requirement 5 days per week for all 4 weeks.
- At the end of the 4 weeks, send this completed sheet via inner office mail to Sue Olson at WIC, by **Monday, April 2, 2018** to be entered into a drawing for 50 $20.00 Fleet Farm gift cards.
- Sue Olson will submit the activity logs to LCSC by Monday, April 9, 2018. The drawing will be held on **Monday, April 16, 2018** and results will be posted at [www.lcsc.org](http://www.lcsc.org) on Tuesday, **April 17, 2017**. Gift cards will be mailed to the Wellness Coordinators for distribution.
- Employee must be enrolled in a Lakes Country Service Cooperative BCBSMN health insurance plan.

**District/CCOGA Entity** ___________
**Clay County** ____________________________

**Name (Printed)** ____________________________ **Position** ____________________________

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<th>Sunday</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
<th>Total # of days</th>
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March Madness is a Wellness Program sponsored by Lakes Country Service Cooperative

*Please send your completed activity sheet via inner office mail to Sue Olson at the WIC Office by Monday, **April 2, 2018**.*