

LCSC March Madness



Sponsored by Lakes Country Service Cooperative (LCSC)



**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.

This LCSC challenge is brought to you by your Clay County Wellness Committee!

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.

Challenge Begins Sunday, March 4, 2018
Reminder: Use your Fitbit activity tracker as a tool to track your daily steps!

- 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 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 _____

Week #	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Total # of days
1	Mar 04 	Mar 05	Mar 06	Mar 07	Mar 08	Mar 09	Mar 10	
2	Mar 11	Mar 12	Mar 13	Mar 14	Mar 15	Mar 16	Mar 17	
3	Mar 18	Mar 19	Mar 20	Mar 21	Mar 22	Mar 23	Mar 24	
4	Mar 25	Mar 26	Mar 27	Mar 28	Mar 29	Mar 30	Mar 31 	



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**