

YOU'RE *it* GET FIT!



MANITOWOC COUNTY - NATIONAL EMPLOYEE HEALTH & FITNESS DAY

May 15, 2019

This challenge is a fun way to promote a healthy life style by encouraging employees to engage in physical activity

CHALLENGE REQUIREMENTS

- Participants must engage in 30 minutes of physical activity (does not need to be consecutive)
- Participating organizations must track the number of employees that participate in the challenge
- Participating organizations must submit a brief questionnaire after completion of the event

WINNING CRITERIA

All evaluation forms completed by participating organizations will be scored and weighted on average. A plaque will be given to the winning organization!

To participate or for more information:
The Chamber of Manitowoc County
P: 920.684.5575
E: callie@chambermanitowoccounty.org

the
Chamber
Safety, Health & Wellness Council
Manitowoc County