

YOU'RE *it* GET FIT!

MANITOWOC COUNTY - NATIONAL EMPLOYEE HEALTH & FITNESS DAY



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 entered for several prizes donated by local businesses

To participate or for more information:
The Chamber of Manitowoc County
Angel Johaneck
P: 920.684.5575
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the
Chamber
Safety, Health & Wellness Council
Manitowoc County