



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Employee Health Challenge: May 1st through May 31st

Activate your employees by getting them thinking about all the things that make us healthy – exercise, healthy eating choices, getting enough sleep, etc. During the month, we want your staff to get active within the Y, make changes to live healthier and compete against your co-workers, but also other corporate members to find the healthiest employee in Rockford.

What to do During the Challenge

It is FREE to get your staff involved with this challenge. Simply, distribute the sign-up sheet and health journal to your staff and we take care of the rest. Employees that participate fill out the journal over the course of the month. At the end of the month, they will receive an e-mail with a link to an online submission form to input the data they tracked during the challenge. We will then add the number of check-ins for everyone and determine the healthiest employees at your company. Employees can join our Facebook event page where we will post motivation items, incentives (bonus points for 5 check-ins during certain timeframe or bonus point for each guest brought in), tips and tricks to help them succeed.

Getting Involved

Want to further motivate your employees to get healthy? Reward your healthiest employees by investing money into this challenge. You will receive items to reward your healthiest employees and all money is invested back into your staff and only your staff. Investment levels are listed below:

- Participation – There is no cost to simply promote this challenge to your staff. You will not receive prizes to award your healthiest employees.
- \$100 Investment – Includes prizes for the top 5 healthiest employees.
- \$250 Investment – Includes prizes for the top 10 healthiest employees.
- \$500 Investment – Includes prizes for the top 25 healthiest employees. We will also include your company's logo on the in-branch promotions and the Facebook page for this event
- Presenting Sponsor (one available): \$1,500 – Includes prizes for the top 50 healthiest employees. You will have your name and logo on all collateral, Facebook event page, YMCA website page and in-branch promotions. Your company name will be on all t-shirts and included in the media release with the option to provide a quote from a company representative (time sensitive). Your company can also provide items to be included with prizes for the other companies.

Prizes for the top healthiest employees include a t-shirt, tumbler cup, cardholder for your phone, and drawstring bag. *Prizes may vary



Company Information

Company Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____

Contact Information

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____ E-mail: _____

Investment Level

(check one)

Presenting Sponsor (one available) - \$1,500

- Rewards for top 50 employees
- Name and logo on all collateral material, Facebook page, website and in-branch promotions
- Name on all t-shirts
- Mention in all media releases

\$500 Investment

- Rewards for top 25 employees
- Logo on Facebook page and in-branch promotions

\$250 Investment

- Rewards for top 10 employees

\$100 Investment

- Rewards for top 5 employees

No investment, just participating