



TRUCKERS WELLNESS

HEALTHY TRUCKERS • EARN MORE MONEY



Designed for Corporations, Tailored to the Individual's Needs.

Our wellness challenges are designed to reward effort and make it possible for as many people to succeed as possible. Challenges can be customized to fit any given time frame and should reflect the needs and interests of your current workforce. Build buy-in by encouraging open generation of ideas and input into selecting challenges for your organization. Incentives that award participation may include premium reductions or cash incentives but participants can also be awarded through recognition programs, a catered lunch for qualifying participants, or free or discounted health-related merchandise. Challenges can also be built into an annual or bi-annual point-based awards program.




Challenge
your workforce
to be the best
they can be.

- Lifestyle Challenges
- Physical Activity Challenges
- Community Centered Challenges
 - Family Focused Challenges
 - Sleep Hygiene Challenges
 - Mindfulness Challenges
- Financial Wellness Challenges
- Healthy Eating Challenges
- Weight Loss Challenges

Featured Challenge

Sitting is the new smoking so it's a great idea to challenge your employees to move more. While pedometer challenges are an easy way to encourage your workforce to take strides to improve their health, the **Get Active Fitness Challenge** meets everyone where they're at by accommodating individuals who are currently active or prefer activities other than walking.

Points are earned through tracking daily steps or minutes of physical activity during the challenge. Users can sync their favorite fitness device to the online portal to have their steps counted automatically.




Get Active
Fitness Challenge
Take Strides to Improve Your Health

Accumulate points toward your wellness incentive by tracking your physical activity on the Wellness Portal Through July 31, 2017.

Earn 10 Points for Every 10,000 Steps
OR
Earn 5 Points for Every 30 Minutes of Moderate-Intensity Exercise

The average American sits more than 7 hours each day putting our bodies at increased risk for weight gain, type 2 diabetes, cancer, and heart disease. Regular physical activity such as walking, cycling, swimming and weight training can help minimize these health risks.



Sweet Freedom Challenge

Test your willpower with 30 days of freedom from desserts, packaged foods, and beverages with added sugar.



Natural vs. Added Sugar

Natural sugars can be found in whole fruits, vegetables, and unsweetened dairy; these sugars have not been processed and are accompanied by fiber and important nutrients. Added sugars can be found in desserts, soda, cereals, yogurt, and other convenience foods. Always check the number of sugar grams in the foods you eat then read the ingredients to find out what type of sugar. Some common words for added sugar include cane sugar, sucrose, fructose, dextrose, corn syrup, maltose, and fruit concentrate.

Track your sugar intake using your online Wellness Portal and receive two points for each day you consume less than the recommended daily limit for added sugar: 24 grams for women, 36 grams for men.

Featured Challenge

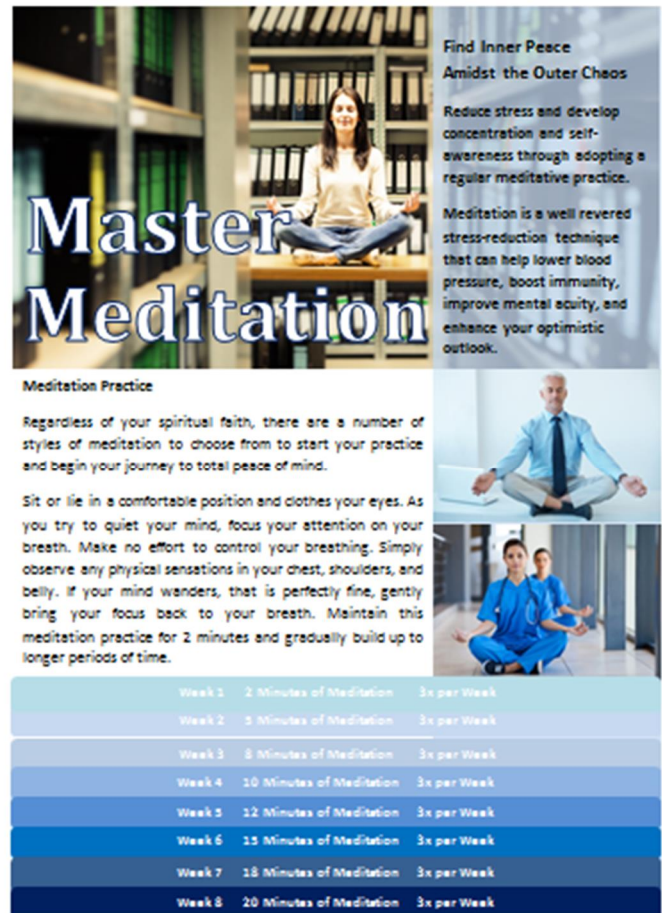
Sugar consumption is a major contributor to diabetes, heart disease, and other chronic conditions and the average American consumes over three times the daily recommended limit. Test your employee's willpower with 30 days of freedom from desserts, packaged foods, and beverages with added sugar in the **Sweet Freedom Challenge**.

Participants earn points each day they consume less than the recommended daily limit for added sugar (24 grams for women, 36 grams for men). Points can be cashed in for a one-time award or go toward your program's custom wellness incentive.

Featured Challenge

Stress is a strong predictor of a disengaged workforce and employee absences, costing American businesses up to \$300 billion each year (World Health Organization). Encourage participants to reduce stress and develop concentration and self-awareness through this eight-week meditation challenge.

In the **Master Meditation Challenge** participants earn points based on minutes of meditation completed during the challenge as they gradually increase the duration of their meditation practice. Our online wellness portal let's participants track their experience and stress levels before and after the challenge.



Master Meditation

Find Inner Peace Amidst the Outer Chaos

Reduce stress and develop concentration and self-awareness through adopting a regular meditative practice.

Meditation is a well revered stress-reduction technique that can help lower blood pressure, boost immunity, improve mental acuity, and enhance your optimistic outlook.

Meditation Practice

Regardless of your spiritual faith, there are a number of styles of meditation to choose from to start your practice and begin your journey to total peace of mind.

Sit or lie in a comfortable position and close your eyes. As you try to quiet your mind, focus your attention on your breath. Make no effort to control your breathing. Simply observe any physical sensations in your chest, shoulders, and belly. If your mind wanders, that is perfectly fine, gently bring your focus back to your breath. Maintain this meditation practice for 2 minutes and gradually build up to longer periods of time.

Week	Minutes of Meditation	Points per Week
Week 1	2 Minutes of Meditation	3x per Week
Week 2	5 Minutes of Meditation	3x per Week
Week 3	8 Minutes of Meditation	3x per Week
Week 4	10 Minutes of Meditation	3x per Week
Week 5	12 Minutes of Meditation	3x per Week
Week 6	15 Minutes of Meditation	3x per Week
Week 7	18 Minutes of Meditation	3x per Week
Week 8	20 Minutes of Meditation	3x per Week



Rethink Your Finances

MASTER CRITICAL FINANCIAL EXERCISES THAT INSPIRE MINDFUL MONEY HABITS AND ENRICH YOUR FINANCIAL OUTLOOK.

Managing money can be tricky and even emotional. It turns out our financial security is less dependent on our income and more related to how we think of money and our spending behaviors. So even if you had that money tree you have always dreamed of, feeling good about our finances requires a little effort. Take back control and be rewarded for your hard work with this 8-week challenge.

RULES OF THE GAME ➡

1. Complete All Eight. Each week complete a new exercise designed to help you rethink your finances Financial Wellness Tool within the online Wellness Portal. The fundamental thought is to stop impulse buying where we allow our emotions to drive our financial decisions and gain control over your money matters.
2. It's All About You. While it's helpful and constructive to gain buy-in from a spouse, significant other, or roommate, keep your focus on what you have control over. That means the process starts with you.

Featured Challenge

Money is the leading cause of stress among Americans (American Psychological Association) which is easy to believe considering the average credit card debt in the United States is \$15,900 according to CNN. Engage your workforce in an 8-week journey through tough financial exercises that encourage mindful money habits during the **Rethink Your Finances Challenge**.

Participants receive points each week for completing recommended financial exercises on the wellness portal. This participation-based challenge can be awarded with a certificate for FREE tax preparation, a Visa gift card, or points toward your custom wellness incentive.

Additional Challenges

StairWell Competition

Taking the stairs is a great way to burn calories, build lower body strength, and reduce joint-related stress. Did we mention it's faster than taking the elevator (for trips of 7 floors or less) and better for the environment?

Time to step up your game and climb your way to total wellness starting October 1st through November 30th.

Track the number of flights you climb in your Wellness Portal to earn points.

Try to climb to the top of these American skyscrapers as you progress each week of the challenge.

Top 3 Climbers Will Receive a FREE Water Bottle!

Healthy Family Table

Make family mealtime a tradition to encourage proper nutrition and a sense of social and emotional wellbeing.

How to Have a Healthy Family Table

Make it Simple

- Encourage everyone to assist with meal planning, preparation, setting the table, or clean up based on their age and capabilities
- Make vegetables the main event and don't shy away from seeking for children older than 18 months

Set the Mood

- Turn off the television and keep cellphones away from the table
- Play some calming music or light some candles

Monitor Table Talk

- Discuss the benefits and consequences of mindless eating your vegetables before or after a meal

Well Rested Challenge

Get Some Rest and Adopt Helpful Bedtime Habits to Improve your Wellbeing.

Receive one point each day you input 7 or more hours of Sleep in your Wellness Portal. Additional points can be earned by completing recommended daily Bedtime Rituals also listed in your Wellness Portal.

THE IMPORTANCE OF SLEEP

According to the Gallup Organization, 40% of U.S. adults get less than the recommended 7-8 hours of sleep each night. In a recent study conducted by the National Sleep Foundation also found that 67% of those with less than good sleep quality also report poor or only fair health.

The effects of sleep deprivation go beyond daytime fatigue and can result in memory loss, weight gain, heart disease, high blood pressure, and a weak immune system.

Poor sleep also leads to imbalances in our hunger and stress hormones making us more likely to crave unhealthy foods and indulge in mindless snacking. Get a good night's sleep and start taking control of your health, energy levels, hunger levels, and moods.

New Year New You Weight Loss Challenge

This is the year you can choose to eat well, move more, and yourself. We are here to help you every step of the way with and grow along with tools to monitor food intake and physical activity.

Individuals who complete the weight loss challenge will be awarded their incentive. Challenge participants who maintain 3 months will also win a \$50 gift certificate to the Health Food Store. Some serious recognition. Register online today using your Wellness Portal.

- Initial Weigh-in
- Final Weigh-in
- Keep it Off Weigh-in

Lose Weight, Reshape Your Body, & Transform Your Life!

With over 40 challenges to choose from, we are sure to meet the needs and interests of your company and its workforce. All tracking of participation and awards progress is built in to our online wellness portal so you don't have to lift a finger. That means peace of mind and a healthier, stronger workforce to help you lower health care costs and improve your bottom line.

FAST FOOD Challenge

One month free of fast food fair and earn 100 points toward your wellness incentive. Fast food hurts our health, increases our risk for heart disease, cancer, and more. Take your time to eat well and fuel your body with whole foods to improve or maintain your health.

Overcome Your Fast Food Addiction

- Pack lunch on top of necessary to make sure you have a nutritious and easy lunch to eat on your break.
- Have a food diary to help keep you accountable.
- Don't also make when you are hungry, you are more likely to make bad food choices.
- Keep healthy snacks on hand like nuts, fresh fruit, or veggies and hummus to prevent late blood sugar and food cravings.
- Avoid fast foods and sugar (including sodas) to meet your fast food addiction.
- Have a plan for a quick and healthy breakfast to rule out those morning drive-thru pit stops.
- Take a different route to work to help you break your fast-food habit. If that isn't possible, keep a post-it on your dashboard saying, "You can do it!" or "Focus on your goal!"
- Track the costs of your fast food habit - the calories gained on the money lost may be enough to motivate you.
- Gain support from coworkers, family, and friends to remove social pressure to eat fast food and join you for lunch in the office in a healthy dinner at home.

ABC COMPANY Walks the WALK

5K CHARITY WALK

HEADQUARTERS PARK PAULSON

Saturday August 24, 2016
8:00 am Day of Registration & T-shirt Pickup
9:00 am Start Time

Register Online @ www.charitywalk.org
By August 14th, 2016

First 700 Registrants Receive a FREE T-SHIRT

FOR MORE INFORMATION
Contact: 360.523.5957
marc@charitywalk.org

FIND YOUR ZEN

Find your Zen with mindfulness activities that invigorate the mind, body, and soul.

Week ONE Be mindful of the little pleasures this week: your car starting, someone opening a door, time spent with family and friends.

Week TWO Start each morning by setting your intention for the day. Who do you want to be today? A kind co-worker. A loving parent. A patient partner.

Week THREE Instead of quickly grabbing items off your to-do list, be mindful of every step and fully immerse yourself in the present and progress to cultivate commitment in the moment. Do this while you eat, complete chores, and getting ready for bed.

Week FOUR Call or write a distant friend to rekindle your connection and let them know you are thinking of them.

Week FIVE Color to calm your mind and awaken your creativity - find a coloring book, print a free template online, or make your own design.

Week SIX Cook a new recipe you haven't tried before and invite family and friends over to enjoy the delicious meal you created.

Week SEVEN Practice Yoga at least once for 30 minutes to enhance flexibility and deepen your awareness of your physical self.

Week EIGHT Complete a puzzle solo or with a partner to improve your ability to focus and gain a sense of accomplishment when it's all finished.

Week NINE Spend an hour outdoors in complete silence as a form of mindfulness meditation (earrings make help silence external).

Week TEN As a source of every time you use the word "I" this week and make an effort to consider others' needs and interests first.

Week ELEVEN Listen to a favorite song and journal about how it makes you feel and why it moved you.

Week TWELVE Make a list of your personal strengths and weaknesses then make a list of the people in your life that support you and make up for your weaknesses.

Mile-A-Day Cardio Challenge

With the freedom to choose the activities you love while boosting your cardiovascular endurance, this challenge is a win-win. Earn points for completing daily aerobic activities that equate to a mile of walking and be awarded based on your personal achievements.

Light Intensity Physical Activity 1 Mile = 30 Minutes

Balancing • Gardening/Walk • Housework • Skateboarding • Tai Chi • Redwood Thimble • Volunteering • Water Aerobics • Tai Chi • Yoga

Moderate Intensity Physical Activity 1 Mile = 15 Minutes

Aerobics • Basketball • Book Walking • Dance/Zumba • Hiking • Golf (cartless) • Hiking • Jogging • Martial Arts • Mountain Biking • Pilates/Yoga • Swimming • Tennis

Vigorous Intensity Physical Activity 1 Mile = 10 Minutes

Biking • Circuit Weight Training • Jumping Rope • Rowing • Running • Soccer • Weightlifting

ARE YOU WILLING TO GO THE DISTANCE?

GOLD 30 MILES

SILVER 20 MILES

Bronze 10 MILES