



tep it up

WELLNESS CHALLENGE

APP SUGGESTION:

“Step Counter – Pedometer Free
& Calorie Counter”
(It has 2 little feet on the icon)

BE A PART OF THE ROYAL AMERICAN WELLNESS CHALLENGE!

FITNESS.
STAMINA.
STRENGTH.
HEALTH.

During the months of March & April, Royal American is challenging you to set fitness goals and focus on health in honor of our Annual Wellness Initiative. Track your daily steps, take a class or set up a workout schedule, and forge a path towards overall well-being.

>01 STEP UP TO THE CHALLENGE

We challenge you to achieve a minimum of 10,000 steps daily and log them into your tracker each night. You can track your steps with your phone, a fitness wearable, or a pedometer. All participants with 50,000 steps consistently each week will be entered into our monthly raffle. Each month starts over, so don't get discouraged if you miss a week in any given month.

>02 GET FIT WITH FOOD

Make it your goal each week to eat more fruit and vegetables! Try to eat at least one serving of each per day. While we are not tracking any of this on our end, we do encourage you to match your healthy exercise goals with a health conscious meal plan. In order to achieve your fitness goals, it helps to fuel your body with the right stuff!

>03 RESULTS AND RAFFLES

So where is this tracker I keep talking about? On the Dispatch, we will provide a form that you can fill out during the week to keep track of your daily steps. Your step count should be completed each Sunday. The deadline to submit your data will be Monday before 3pm CST. We will enter all participants who qualify into our monthly raffle and a winner will be Announced! At the end of April, all who qualify will be entered to win the grand prize raffle. To qualify for the grand prize of \$250 you must complete the minimum steps every week over the 2 months without missing a week.

HOW DO I SIGN UP?

Signing up is easy! Just email events@royalamerican.com before April 1st and let us know you will be taking part. If you miss the first week or more, just jump in when you can! Good luck to all our participants! Lets work together towards a healthier tomorrow.

BE YOUR BEST IN
2020