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## Work Your Way to Wellness

The Wellness Works committee of Health Studies 380 (Kinesiology) along with the ISU Benefits Department invite you to **Work Your Way to Wellness**. We are offering two different challenges; the **MySTART! Activity Challenge** and the **Healthy Choices Nutrition Challenge**. The purpose of this campaign is to promote healthy behavior choices through both physical activity and nutrition. With these two challenges you will learn to be mindful and accountable for your daily exercise and nutrition. This information may allow you to gain a better understanding of your health behaviors and where positive changes can be made.

The **Work Your Way to Wellness** challenges are open to all Iowa State University employees, **FREE OF CHARGE!** The campaign will begin on Monday, November 3<sup>rd</sup> and end on Sunday, November 30<sup>th</sup>. All participants of either or both challenges will be eligible for prizes provided by ISU Benefits Department and Hy-Vee.

To find out further information and how to participate in either the **MyStart! Activity Challenge** and/or the **Healthy Choices Nutrition Challenge** see the attachments above. [If you have questions about either program, e-mail everystepforISYou@gmail.com and you will receive a response to your question.](#)

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