# Kick-Start Healthier Habits!

## Participate Physical Activity Challenge!

# CHALLENGE BEGINS MARCH 29, 2015!

**Develop healthier habits and earn a $100 co-share incentive credit* by tracking your steps OR exercise minutes every day for four (4) weeks.**

Submit the Paper Tracker Form at the **end** of the challenge. Submissions prior to April 25 will **not** be accepted. The form is available at **www.wellness.ri.gov** or from your HR Department.

**Deadline for Paper Tracker Form submissions is May 8, 2015.**

**Kick-Start Healthier Habits!**

State of Rhode Island Rewards for Wellness

*All State of Rhode Island employees are eligible to participate in Rewards for Wellness activities, but only employees who are paying State employee medical co-shares posted at www.employeebenefits.ri.gov are eligible to receive incentives for co-share credit.