

Get Fit Kaua'i

2016 Worksite Wellness Challenge

- Get your workplace (and yourself) in better shape
- FREE to enter
- Small and large companies welcome
- Limited to the first 25 businesses that submit their completed survey



For more information, contact Bev Brody at bbrody1@hawaii.rr.com

HOW TO JOIN IN!

1. Go to www.getfitkauai.com and download the PDF of the Worksite Wellness Challenge Scorecard (this is your working copy). Complete this before taking the on-line survey.
2. When you're ready to register, go to www.getfitkauai.com and click "ENTER HERE" on the home page.
3. The WSW challenge is limited to the first 25 companies who complete and submit the WSW Challenge survey. DON'T DELAY! DO IT TODAY!!
4. Survey is open from January 4 - January 22, 2016, or until 25 surveys are completed.
5. Attend the Kick-Off Breakfast on Friday, February 5, 2016. (2 reps from each company)
6. Make healthy changes at your workplace to improve your score.
7. Retake the survey in October 2016.
8. Attend the awards luncheon on Friday, November 21, 2016

