

September Activities	Potential points
<a href="#">View the NAD Healthy Rewards Website</a>	5 points
<a href="#">View the Employee Wellness Website</a>	5 points
Participated in We-Haul on July 23 or August 15 for at least 2 hours	5 points
30 Minutes of Intentional Exercise for at least 12 days this month	5 points
Check-in and use the Hulsey Wellness Center at least 5 times.	5 points
Maintain Weight (for the month)	5 points
Lose Weight (3 pounds or more)	5 points
Create your own adventure (hike, backpack, etc.) at least a 5k	5 points
Nothing but Water to Drink for One Week (Sept 10-16)	5 points
Participated in "Let's Move Day" Sunday, Sept. 17 by walking at least 1 mile or the equivalent on this day.	5 points
Donate Blood	5 points
Use some type of wearable device (ie: fitbit, hr monitor, etc.)	5 points
Participate in any organized, official activity event (ie: 5k, marathon, bike race, etc.)	10 points
Better Blood Assessment results compared to last year	10 points
<p>Park and Walk to Workplace for at least 12 days this month Where Do I Park?</p> <p>Description: You must park in the Collegedale SDA church parking lot.</p> <p>Exceptions:</p> <ul style="list-style-type: none"> <li>-School of PEHW Faculty must park in the parking lot behind Upper Stateside Apartments.</li> <li>-Plant Services, Service Dept., Landscape Services, Transportation staff can park at the Student Park parking area.</li> </ul> <p>Note: You can also walk or ride your bike from your house.</p>	5 points
<a href="#">Start the Tri It Ironman (Complete an actual Ironman Length Triathlon over the course of the semester)</a>	20 points (Will be recorded in December)
<a href="#">Start Wild Trails 200 - Accumulate 200 miles during the course of the semester (Swimming, Biking, Walking, Hiking, Running, Skating, Rollerblading)</a>	20 points (Will be recorded in December)
Had Blood Pressure Check Once During the Month	5 points
Participate in Weight Watchers (September 5, 12, 19, 26)	3 points each
Participate in Intramurals or a SOAP trip <a href="http://www.southern.edu/intramurals">www.southern.edu/intramurals</a> <a href="http://www.southern.edu/soap">www.southern.edu/soap</a>	5 points
<b>Once per semester</b>	
Go to a Dental Checkup/Cleaning	5 points
Have an Eye Exam	5 points
Get a Physical Exam	5 points
<a href="#"><u>Record my September Activities</u></a>	