



Sheboygan County National Employee Health & Fitness Day Participation Challenge

Wednesday, May 16, 2018

The purpose of the National Employee Health and Fitness Day is to encourage people to incorporate physical activity in their daily lifestyle. Participants are encouraged to participate in 20 minutes of physical activity during the day.

All participating Sheboygan County businesses will be divided into one of the ten (10) categories:

Total % Paid Participation

- 1) 50 or less employees
- 2) 51 - 250 employees
- 3) 251 - 499 employees
- 4) 500 - 999 employees
- 5) 1,000+ employees

Total % Unpaid Participation

- 6) 50 or less employees
- 7) 51 - 250 employees
- 8) 251 - 499 employees
- 9) 500 - 999 employees
- 10) 1,000+ employees

- Each Company will designate a coordinator
- The coordinators responsibility consist of planning the activities and tracking the length of time the participants' exercised
- After this day, the coordinator of the company will report these hours to the event supervisor
- The event coordinator will determine the winner based on each category within the county based on event participation
- In the event of a tie, the total number of minutes exercised will be used.
- In addition, a trophy will be given to the company with the largest percentage of participation



BONUS: All Company Representatives who return their Evaluation Form by the deadline will be entered into a drawing for **\$50 Chamber Cash** (two winners will be drawn)!!!

For more information and/or if your organization is interested in participating in this year's event, please contact Christine Nitsch (920) 451-8000 ext. 114 or via e-mail at cnitsch@sheboygancountymca.org.

Let's Get Physical Sheboygan County – National Employee Health & Fitness Day Sponsors:

