



Hey Maumee Staff . . . It's time for Another Wellness Challenge!

**This challenge is about more than just exercise.
For 8 weeks (Monday, February 27 – Sunday, April 23)
You will need to meet a weekly wellness goal.**

Week 1: Eat fruit – at least 2 servings per day – at least 5 out of 7 days

Week 2: Exercise for at least 30 minutes - at least 3 days

Week 3: Drink at least 32 oz of water per day – at least 5 out of 7 days

Week 4: Exercise for at least 30 minutes - at least 3 days

Week 5: Eat vegetables – at 2 meals – at least 5 out of 7 days

Week 6: Exercise for at least 30 minutes - at least 3 days

Week 7: Consume NO drinks with added sugar this week

Week 8: Exercise for at least 30 minutes - at least 3 days

Don't forget to Tweet your pictures to @maumee_schools using #maumeewellness

**** Complete an 'Exercise Challenge' form for each successful week. Turn forms into a member of the wellness committee (or collection box at your building) and you are entered in a drawing to win one of 25 Fitbits ****

'Exercise Challenge' forms are in building offices.

MCS Wellness Committee Members

Melissa Miller, Angie Gugger, Sue Grigsby, Maureen Bruno, Jessica Allan, Staci Leach, Mimi Takats, Jane Fender, Sarah Davis, Shannon Revill, Michele Davidson, Annie O'Neill, Linda Posadny, Karen Brebberman, Mary Bottoni, Nancy Sayre, Steve Lee, Todd Cramer

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