



VPP Survivor Wellness Challenge

The VPP Survivor Wellness Challenge is a 12 week health and wellness challenge hosted by the Voluntary Protection Program (VPP), Battelle Staff Association (BSA), and AdvanceMed Hanford (AMH) to promote healthy lifestyles. The challenge consists of four three-week segments with random prize drawings for participants that meet the minimum points for each segment (note – each segment will start with 0 points - see details for prize drawings below). If participants meet the minimum points for each of the four segments, they will be placed in a final random prize drawing for a chance at:

Grand Prize: \$1000 to REI
1st Runner Up: \$500 to a sporting good store
2nd Runner Up: \$200 to a sporting good store
3rd Runner Up: \$100 to REI

Sign-up by registering on the AMH Tracker Tool starting May 14 thru June 3 (from AMH website – <http://www.hanford.gov/amh/>, select Health Challenge Tracker)

Create a user account (after you enter your information, select “Create Account” this will take you back to the home page where you will sign in with your ID and password)

After registering, you have the option to join a team. You may join a team for support and encouragement but *ALL PRIZES WILL BE AWARDED INDIVIDUALLY*

Under My Points select “Team Challenge”

Select team from drop down list and select “Join this Team” or you may create a new team by selecting “Create a New Team”

Under My Points select “Join an Event” then click on “Join the Challenge”

You’re now ready to begin entering points!

Under My Points select “Enter Points” – this will take you to a calendar. Select the applicable date to record points after completing an activity.

If you have any questions about the AMH Tracker Tool, please contact Shannon Haselhuhn at 376-3267 or send a message to the VPP mailbox at: <mailto:voluntary.protection@pnl.gov>



Weeks 1-3 (May 14 – June 3)

Focus: Aerobic Activity

**see educational handout on aerobic activity & intensity levels (VPP website: <http://vpp.pnl.gov/docs/aerobic.pdf>)*

Random Prize Drawings for 30 participants that meet 12 points

Drawing held: June 4th

Eligible participants may receive one of the following VPP awards:

Walking Enthusiast Kit: *Designed to be worn across the body or around the waist, includes a multi-function pedometer with calorie and step counters, distance traveled in miles/kilometers, water bottle and an MP3 player earphone exit.*

Gym Bag

Water Bottle

Sports Towel

Ways to earn points (*earn one point for each activity*):

- Aerobic Activity 20-60 minutes per day (*every 20 min = 1 point*)
- Attend Health & Wellness Fair 5/14, between 11-1 in EMSL 1077/ETB Columbia River (*1 point*)
- Take Blood Pressure at AMH booth during Health and Wellness Fair or at a Blood Pressure Unit (see the Map Information Tool for locations) (*1 point*)
- Get body dimensions scanned using the Intellifit system in the ETB Lobby (*1 point*)
- Take the Nutrition Quiz on the AMH website:
(<http://www.hanford.gov/amh/Nutrition/homepage.html>) (*1 point*)

Weeks 4-6 (June 4 – June 24)

Focus: Aerobic Activity and Water Intake

**see educational handout on water intake (VPP website: <http://vpp.pnl.gov/docs/water.pdf>)*

Random Prize Drawings for 12 participants that meet 25 points

Drawing held: June 25th

Eligible participants may receive one of the following:

\$25 gift certificate to sporting good store of winner's choice

\$25 gift certificate to sporting good store of winner's choice

Walking Enthusiast Kit: *Designed to be worn across the body or around the waist, includes a multi-function pedometer with calorie and step counters, distance traveled in miles/kilometers, water bottle and an MP3 player earphone exit.*

Gym Bag

Water Bottle

Sports Towel

Ways to earn points (*earn one point for each activity*):

- Aerobic Activity 20-60 minutes per day (*every 20 min = 1 point*)
- Drink a minimum of 2-3 8oz glasses of water per day (*1 point per min. each day, maximum 1 point per day*)
- Take your Blood Pressure - use one of the Blood Pressure Units located in various facilities across the Lab (*1 point*)
- Fill-out a Health Risk Appraisal on the AMH website:
(<http://www.hanford.gov/amh/?page=96&parent=0>) log in as new user, create personal ID and password (you must enter first & middle initial along with your last name for personal ID, example: jadoe) (*1 point*)
- Get body dimensions scanned using the Intellifit system in the ETB Lobby (*1 point*)

Weeks 7-9 (June 25 – July 15)

Focus: Aerobic Activity, Water Intake & Fruit/Vegetable Servings

**see educational handout on servings of fruits and vegetables (VPP website: <http://vpp.pnl.gov/docs/fruitveggie.pdf>)*

Random Prize Drawing for 12 participants that meet 40 points

Drawing held: July 16th

Eligible participants may receive one of the following:

\$25 gift certificate to sporting good store of winner's choice

\$25 gift certificate to sporting good store of winner's choice

Walking Enthusiast Kit: *Designed to be worn across the body or around the waist, includes a multi-function pedometer with calorie and step counters, distance traveled in miles/kilometers, water bottle and an MP3 player earphone exit.*

Gym Bag

Water Bottle

Sports Towel

Ways to earn points (*earn one point for each activity*):

- Aerobic Activity 20-60 minutes per day (*every 20 min = 1 point*)
- Drink a minimum of 4-5 8oz glasses of water daily (*1 point per min. each day, maximum 1 point per day*)
- 5 fruits/vegetables servings daily (*1 point per 5 fruit/veggie servings per day*)
- Take your Blood Pressure - use one of the Blood Pressure Units located in various facilities across the Lab (*1 point*)
- Take the Nutrition Quiz on the AMH website (<http://www.hanford.gov/amh/Nutrition/homepage.html>) (*1 point*)
- Get body dimensions scanned using the Intellifit system in the ETB Lobby (*1 point*)

Weeks 10-12 (July 16 – August 5)

Focus: Aerobic Activity, Water Intake, Fruit/Vegetable Servings & Stretching

**see educational handout on stretching (VPP website: <http://vpp.pnl.gov/docs/stretch.pdf>)*

Random Prize Drawings for 20 participants that meet 55 points

Drawing held: August 6th

Eligible participants may receive one of the following:

Walking Enthusiast Kit: *Designed to be worn across the body or around the waist, includes a multi-function pedometer with calorie and step counters, distance traveled in miles/kilometers, water bottle and an MP3 player earphone exit.*

Gym Bag

Water Bottle

Sports Towel

Random Prize Drawing for 4 participants that met the minimum points for each segment of the survivor challenge.

Grand prize: \$1000 to spend at [REI](#)

1st Runner-up: \$500 sporting good store

2nd Runner-up: \$200 sporting good store

3rd Runner-up: \$100 to REI

Ways to earn points (*earn one point for each activity*):

- Aerobic Activity 20-60 minutes per day (*every 20 min = 1 point*)
- Drink 6-8 8oz glasses of water per day (*1 point per min. each day, maximum 1 point per day*)
- 5 fruits/vegetables servings per day (*1 point per 5 fruit/veggie servings per day*)
- Stretching (*1 point per day*)
- Use the Healthy Stretch Machine in the ROB basement, room 272 (*1 point*)
- Use the interactive stretch module tool on the AMH website (<http://www.hanford.gov/amh/Stretch/index.html>) (*1 point*)
- Take your Blood Pressure - use one of the Blood Pressure Units located in various facilities across the Lab (*1 point*)
- Get body dimensions scanned using the Intellifit system in the ETB Lobby (*1 point*)