

# CANTON LOCAL SCHOOLS 2021 WELLNESS CHALLENGE



Start the new year off reaching for the best version of you!

*For all Canton Local School District Students and Staff*

## February 1 - March 26

**Sign-Up Deadline: January 29**

### Wellness Categories

**Nutrition:** Every serving of fruit and/or vegetable (1/2 cup = 1 serving). Every wrap or salad consumed from the cafeteria = 1 point

**Hydration:** Every 8 ounces of water you drink = 1 point (example: 64 ounces of water = 8 points)

**Exercise:** Every 30 minutes of moderate activity = 2 points

**Stress Management:** Meditation, yoga, spiritual group (for every hour you read a book, meditate, do yoga or attend church/spiritual group = 1 point)

**Social:** Post a selfie of your wellness journey and inspire others to do their best using the #cswellnesschallenge = 1 point per day for a positive post using the hashtag

### How do you win a weekly prize?

- Enter your points by the due date each week.
- Winners will be randomized and can only win one weekly prize.
- Keep working hard and enter your points for the grand prize.
- One staff and one student will win a grand total cash prize of \$100 each!

*\*Participants may dress like a PE Teacher/Coach every Monday during challenge.*

### How to Participate

- All staff and students must register to participate.
- Points must be submitted by 5 p.m. on Tuesdays.
- Points are earned from Monday-Sunday.
- Participation is **FREE!**

### Prizes

*\*Four winners weekly (2 students & 2 staff).*

### Registration

Please follow the link below and enter points weekly:  
<https://forms.gle/Lupc3hqd91eR7vNYA>

Follow us on Social Media @ CSNutritionServ (CS Nutrition and Wellness).