



LiveWell Vermont
Veggie-Up Challenge!
Monday, July 13—Sunday, August 9, 2015

**Looking to improve your eating habits this summer?
Join us in a 4-week nutrition challenge!**

Veggie-Up Challenge Details:

- Improve or maintain healthy eating habits by focusing on eating at least 3 veggie servings per day!
- Get nutrition tips Mondays, Wednesdays and Fridays from the LiveWell Vermont Wellness Team!
- Win prizes through weekly wellness drawings!
- Rally a team at your workplace or participate solo!

Completion Requirements:

Earn 25 points toward the 2015
“One Life, Live it Well” Incentive Program!

1. Log 3 veggies daily, at least 20 days of the 4-week challenge.
2. Complete all tasks by the end of the 4-week challenge. All tasks must be completed by Monday, August 10th, at 11:59 pm to earn 25 points for challenge completion.

LiveWell Vermont
STATE EMPLOYEES WELLNESS PROGRAM