

Get your health and fitness habits "*moving*"  
with the Football Frenzy incentive program...



## FOOTBALL FRENZY 2007

### What is *Football Frenzy*?

*Football Frenzy* is a fun, motivating health and fitness incentive program that shows you the world of good health. Patterned after frequent flyer plans, *Football Frenzy* rewards you for accumulating good health habits like exercising, low-fat eating, managing stress, and improving relationships.

### How does the program work?

Each day you perform 1 or more of the dozens of health activities, you earn miles toward your goal of traveling to college football stadiums around the country. You'll earn core miles for fitness activities and bonus miles for all the other habits that contribute to your good health. Along the way you'll learn about the stadiums, traditions and people at each school- and have a chance to test some delicious recipes.

### Who's going?

Everyone. *Football Frenzy* gives you a chance to improve all your health habits. And even though you earn most of your miles through fitness activities, daily maximums also encourage you to practice healthy eating, relaxation skills, stress management, relationship building ideas, and more. Regardless of your current activities, you can reach your destination of better health and fitness with *Football Frenzy*.

### What are the rewards?

Besides a consistent exercise routine and better health habits, you have a chance to earn great incentives!

### How do I get on the bus?

Complete the registration form and return it to Todd Laux in Human Resources. We'll give you a complete itinerary and you'll be on your way- enjoying the trip as you travel to good health.

### When do we hit the road?

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## *Football Frenzy* Registration Form

Name (please print): \_\_\_\_\_ Building/Dept.: \_\_\_\_\_ Office Phone: \_\_\_\_\_

Registration Deadline: Friday, Sept.14th

Return your completed Registration Form to *Todd Laux* in HR (SWRZ 25)