

Well Balanced For Life!

Congratulations on taking an important step toward your pursuit of a healthy, balanced life!

Well Balanced for Life is a flexible, healthy living program designed for Y employees and volunteers to follow a path to wellness that best fits your needs and aspirations.

Instructions:

1. The Balance Wheel is composed of five healthy living categories. The goal of the program is to complete the Wheel's activities (three activities per category) by the end of each month. There are two pre-populated activities per category and one open space to insert the activity of your choice.

2. Page four provides a sample list of additional activities for you to choose from. Feel free to exchange a pre-populated activity with one of your choice.

3. Once completed, return your Balance Wheel to your branch Employee Healthy Living Champion.

Incentives:

You could be one of 10 winners to receive a \$25 gift card and great Y gear simply by entering your completed Balance Wheel in the monthly drawing.

7 winners will receive a \$100 gift card and Y gear at the end of the year upon completion of a Balance Wheel each month.

Name _____

Branch _____

Full-time, Part-time, On-call, Volunteer _____

My monthly wellness goal is:

July Balance Wheel

