



Fall 2019

## Rewards Program

[illegible]

Contact: [healthyhorizons@butler.edu](mailto:healthyhorizons@butler.edu) OR ext. 8143  
Located In: PHSB Suite 110

Earn **1 POINT** for each

- Use routes: <https://www.butler.edu/fitness/jogging-and-walking-routes>
- **Walk to the CUES farm for a visit during farm stand hours**
- Participate in Center for Faith and Vocation guided meditation class
- Eat 5 servings of fruits/vegetables in one day
- Avoid all sugar-sweetened beverages for one day
- Participate in an HRC fitness class (many free options for staff/faculty)
- Pack a healthy lunch from home
- Park far away from work/store and walk
- Sleep 7 ½ hours or more in one night
- Use the restroom on different floor or building from your office

Earn **5 POINTS** for each

- **Find and use a Health & Wellness App or Podcast daily/weekly**
- Increase your weekly step count average by 1000 steps
- Obtain 150 minutes of exercise in one week
- Take prescribed medications for an entire week

Earn **25 POINTS** for each

- Attend a Healthy Horizons lunch and learn
- Read an entire novel for stress relief
- Register for Healthier BU Blog <http://blogs.butler.edu/healthyhorizons/>

Earn **50 POINTS** for each

- Complete annual wellness consult with Healthy Horizons
- Complete annual physical with your Primary Care Provider

*PRIZES – please select your prize(s) of choice. Please select only one from each category*

HH Initial and Date:

Silver (150 Points)	Gold (250 Points)	Platinum (350 Points)
<input type="checkbox"/> Fingerless Gloves <input type="checkbox"/> Pill Dispenser <input type="checkbox"/> Magnetic Clip <input type="checkbox"/> First Aid Kit <input type="checkbox"/> Cloth Grocery Bag <input type="checkbox"/> Water Bottle	<input type="checkbox"/> Camp/Car LED lantern <input type="checkbox"/> Reusable Utensils & Bag <input type="checkbox"/> Zen Coloring Bk/Pencils <input type="checkbox"/> Dri-Mesh Shirt <input type="checkbox"/> Lined Thermos	<input type="checkbox"/> Waterproof Picnic Throw <input type="checkbox"/> Blue-Tooth Earbuds <input type="checkbox"/> Rain Jackets