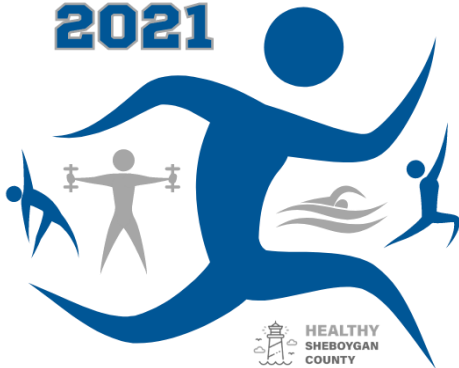


National Employee Health and Fitness Day

2021



Sheboygan County National Employee Health & Fitness Day Participation Challenge

Wednesday, May 19, 2021

The purpose of the National Employee Health and Fitness Day is to encourage people to incorporate physical activity in their daily lifestyle. Participants are encouraged to participate in 20 minutes of physical activity during the day.

All participating Sheboygan County businesses will be divided into one of the ten (10) categories:

Total % Paid Participation

- 1) 50 or fewer employees
- 2) 51 - 250 employees
- 3) 251 - 499 employees
- 4) 500 - 999 employees
- 5) 1,000+ employees

Total % Unpaid Participation

- 6) 50 or fewer employees
- 7) 51 - 250 employees
- 8) 251 - 499 employees
- 9) 500 - 999 employees
- 10) 1,000+ employees

Each business will designate a coordinator who is responsible for planning activities and tracking the number of participants and the number of minutes exercised within his/her/their company.

After the National Employee Health and Fitness Day (NEHFD), the coordinator will report these numbers to the event coordinator, who will determine the winning business of each category within the county based on the percentage of participation. In case of a tie among smaller companies, the total number of minutes exercised will be used.



BONUS: All Company Representatives who return their Evaluation Form by the deadline will be entered into a drawing for **One Month Free Membership at Sports Core** or **One Free Wellness Workshop from Sports Core!**

In addition, a beautiful traveling trophy will be given to the business in each category with the largest percentage of participation. *STAY TUNED FOR MORE DETAILS REGARDING CONTESTS AND DAILY EVENTS.*

For more information and/or if your organization is interested in participating in this year's event, please contact MHA in Sheboygan County Director of Wellness & Marketing Rachael Haas 920.458.3951 ext. 1004 or via e-mail at rachael@mh Asheboyan.org. REGISTER AT: <https://www.surveymonkey.com/r/Y78LFPY>

Additional information on this event can be found at <http://bit.ly/ShebCoNEHFD>

Sheboygan County – National Employee Health & Fitness Day Sponsors:

