

Summer Break Challenge

Team up with your family, friends, & co-workers for the fun, well-being focused **Summer Break Challenge**. During this 9-week challenge, everyone will be encouraged to **Move It, Try It and Calm It** each week. You'll track your weekly progress and be entered into weekly prize drawings!

For: Creighton Faculty, Staff & Family/Friends

When: June 3 – August 2, 2019

What: The goal each week is to Move It (exercise), Try It (try a new recipe or food) and Calm It (do something to relax & reduce stress)



Get Started!

1. Sign Up Here:
<http://bit.ly/SummerBreakChallengeSignUp>
2. Read the weekly email with recipes and tips for the week.
3. Track your progress on the monthly wellness calendar.
4. Each week, report your progress to be entered into the weekly prize drawing!
 - Earn extra entries by posting photos/videos on our [Creighton Wellness Facebook page](#)



Questions? wellness@creighton.edu

Prizes

Weekly Drawing

- Gardening Kits
- Farmer's Market Gift Cards
- And more!

Grand Prize Drawing

- Family Memberships:
 - Lauritzen Gardens
 - Durham Museum
 - Fontenelle Forest
 - And more!