

### Want to Recognize Employees for Joining the Challenge?

Here are some examples of how you can recognize your employees for joining the Challenge – or perhaps incentives to get them to take that extra step!

#### **Subscription to Health Magazine**

- Contribute a dollar amount to participants' magazine subscription. But it must be a subscription relating to health (ex: cooking healthier meals, desserts for those with diabetes, exercise, etc.)

#### **Monetary Award**

- Cash is always a treat! Whoever completes every action item during each week's Challenge, receives a monetary prize.
- Give a grand prize at the end of the 12-week program.
- Reward participants with a gift card to an area restaurant, or health food store. The employees can apply what they've learned during the I Can! Challenge.

#### **Vacation Time**

- By completing the Challenge, employees receive additional day(s) of vacation time.

#### **Gym Membership Contribution**

- Contribute a dollar amount toward each participant's membership to a gym.
- Pay for one personal training session for each participant.

#### **Educational Course**

- For those who participate in the Challenge, reward them by hosting an educational workshop.
  - Ask a local chef, culinary institute or restaurant to conduct a cooking class.
  - Bring in an expert to discuss how to change lifestyle behaviors.
  - Hold a lunch seminar with an area nutritionist.