



HealthTrails™

Take the path **to better health**

<http://clpcdwelness.healthtrails.com>



Health Trails is 6 weeks of healthy fun and prizes starting in February. Are you in?



Earn miles by doing healthy things; move along a virtual map, visiting great places along the way



HealthTrails

Hello, Jane
Profile | Log Out

YOUR LOGO HERE

Start Progress Team Trail Mates Resources Trail Talk

Goal Switch Trail Activity Summary

Welcome to *HealthTrails!* You will receive important notifications here. [hide](#) [View All](#)

Progress

Quick Stats [show](#)

Snowman Trek



The map shows a green mountainous region with a red dotted line representing a trail. Labels include 'China', 'Bhutan', 'Jigme Dorji National Park', 'Thimphu', and 'Paro'. A small inset photo shows a mountain landscape. A user profile icon is visible at the bottom left of the map area.

Log Progress

Mon, Feb 23

Daily

Exercise Minutes

Produce Servings

8-ounce Glass of Water

[save](#)

Today's Tip Test

To avoid frostbite, be sure to:

- A. Wear loose layers of clothing
- B. Cover as much exposed skin as possible
- C. Be aware of a pins and needles sensation
- D. Do all of the above

If you don't know the answer, re-read the **Tip** for today.

Over \$2,500 in prizes – any participant can win!

- Register by February 22 and you will be entered into a random drawing for one of **3 VISA gift cards @ \$200 each.**
- Midpoint: anyone who has recorded activity is eligible for random drawing for **one \$100 VISA card.**
- Final random drawings at the end of the challenge:
 - 2 random drawings: teams with highest average points – **five \$100 VISA cards per team**
 - 2 random drawings: individuals with highest average points - each will receive a **\$100 VISA gift card**
 - 1 wild card team – one **\$100 VISA gift card** to split among all team members
 - 1 wild card individual - one **\$50 VISA gift card**
 - 2 drawings among all participants – **each will receive one \$250 VISA card**



Registration is as easy as 1 - 2 - 3

Register

Welcome to *HealthTrails*, brought to you by Company XYZ.

Name and Email

First name

Last name

Email

Retype Email

Password

Password

[Help](#)

Retype password

Location

-- Choose -- ▾

Profile

Gender

-- Choose -- ▾

In the last month, how often did you have enough energy to do the things you enjoy?

-- Choose -- ▾

How would you describe your overall health?

-- Choose -- ▾

Register online. Then you can participate online or on your phone!



How do I earn points?

Welcome to *HealthTrails*! You will receive important notifications here. [hide](#)

[View All](#)

Getting Started

You may begin logging activity today.



Select Your Trail

Select your trail to begin your journey and start logging today.



Start or Join a Team (optional)

Start a team of 4-10 or send a request to join an existing team.



Easy as 1 - 2 - 3



Wellness Initiative

HealthTrails

Earn points with exercise minutes



Earn points by eating fruits and
veggies.



Wellness Initiative

HealthTrails

Earn points by practicing
work/life balance.



Wellness Initiative

HealthTrails

Friendly Team Competition

Trail Trekkers

Let's Hit the Trails!



Upload photos View All

Stats

Avg Distance: **82**

Total Distance: **410**

Score: **82**

Rank: **4**



John



Rachael



Megan (Upload a Photo)



George



Kiki

Team Rankings

1	Healthy Hart's	Score: 86
2	The Fab 5	Score: 85
3	Midland Heat	Score: 84
4	Trail Trekkers	Score: 82
5	Ryan's Team	Score: 82
6	Lunch Time Walkers	Score: 78
7	Road Runners	Score: 77
8	Biking Crew	Score: 77

Team Tips

Building Your Team

Why Being Part of a Group Can Help You Succeed

5 Things You Can Do to Be a Great Team Player

Or you can participate as an individual!

Great Website Resources

Example: Healthy Recipes

Recipes

Roasted Cod, Tomatoes, Orange & Onions

Assertive Pacific cod has enough flavor to stand up to the citrus-tinged tomatoes and onions. Serve with barley or brown rice to soak up all the delicious juices.

MAKES 4 SERVINGS

Active Time: 30 minutes
Total Time: 1 1/2 hours
Course: Dinner

Ingredients

- 1 pound of ripe but firm small round or plum tomatoes, cut into 1/2-inch-thick wedges
- 2 medium yellow onions , cut into 1/4-inch-thick wedges
- 1 tablespoon of finely slivered orange zest (see Tip)
- 1 tablespoon of extra-virgin olive oil
- 1 tablespoon of chopped fresh thyme leaves , plus sprigs for garnish



Search by Ingredients

Recipe Search

Almond-Crusted
Chicken Fingers



Barbecue Pulled
Chicken



BBQ Chicken
Sandwich



Chicken & Spiced
Apples



Chicken Divan



Creamy Tarragon
Chicken Salad



Getting Started

First day to register: February 8

Start recording: February 22 **Prize Drawings**

Last day to register: February 29

Competition ends: April 3 **Prize Drawings**

NEXT STEPS? On February 8, go to <http://clpccdwellness.healthtrails.com> and sign up! Join or start a team!



Brought to you by the Wellness Committee
representing:

- Chabot College
- Las Positas College
- District Offices