



Take the path to better health

http://clpccdwellness.healthtrails.com



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



Wellness Initiative



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



ealthTrails	Hello, Jane Profile Log Out ESS ESC (to) (EXII: 11	ulli saraan i	mode.	LOGO
Start Progress Goal Switch Trail	Team Trail Mates Activity Summary	Resources	Trail Talk	
Welcome to HealthTrails! You will rece	aive important notifications h	nere, hida		View Al
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	• Thimphu		C. Be av needles	ware of a pins and sensation ill of the above
Paro			S 🙁 If you do	on't know the answer,

re-read the Tp 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	
Email	

Last name		_
Retype Ema	ail	

Password

Password		

	Retype password
P	

Location

-- Choose -- *

Profile

Gender

-- Choose -- -

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

He

-- 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. Inde

Getting Started

You may begin logging activity today.



Easy as 1 - 2 - 3





View All

Earn points with exercise minutes





Earn points by eating fruits and veggies.





Earn points by practicing work/life balance.





Friendly Team Competition

Trail Trekkers Let's Hit the Trails!



Avg Distance: 82 Score: 82

Total Distance: 410 Rank: 4

Megan (Upload a Photo)

George

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

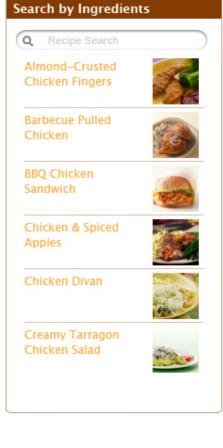
Assertive Pacific cod has enough flavor to stand up to the citrus-tinged tomatoes and onions. Serve with barley or brown rice to soak up all the delicious juices.

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







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 <u>http://clpccdwellness.healthtrails.com</u> and sign up! Join or start a team!







Brought to you by the Wellness Committee representing:

- Chabot College
- Las Positas College
- District Offices