

THE LIVE WELL KITSAP 6 WEEK CHALLENGE EVENT MISSION / PURPOSE AND WHAT YOU CAN EXPECT!

Our mission at Live Well Kitsap: We exist so both people and businesses can thrive!TM

Our LWK Community Challenge event is created to support you and your health and wellbeing goals while we support local businesses who enhance wellbeing!

WHEN? Sign up to register in January between Jan.5-Jan. 31st. The event begins FEBRUARY 1ST, 2021.

WHERE? THE EVENT WILL TAKE PLACE ALL OVER KITSAP COUNTY AND IN YOUR OWN HOME!

You will have the opportunity to focus on one health and wellbeing category each week. You will be provided with simple daily to do's along with support and tools to be successful for each day and week!

WHAT? YOU WILL HAVE TO DO:

- ✓ GO TO THE SITE TO BECOME A COMMUNITY MEMBER. (If you have not yet done so)
- ✓ REGISTER FOR THE EVENT- It's FREE!
- ✓ DOWNLOAD AND PRINT OUT YOUR TRACKER AND LWK PASSPORT (available by Feb. 1st)
- ✓ TELL YOUR FRIENDS, FAMILY AND COWORKERS
- ✓ FIND AN A/ E BUDDY tm (someone to do the challenge with)

HOW? How you actually navigate the 6 weeks is up to you! We will provide you with 6 categories of health and wellbeing- one each week. We will offer one thing to do each day that is in alignment with benefiting you in that category. If that feels overwhelming, then pick one and do that same activity for all 7 days if you like. Visit the site- blogs ,videos and the forum and read the newsletters that will all provide support and tools on how to make these new actions and activities stick! VISIT THE EVENTS PAGE AT THE START OF EACH WEEK FOR MORE INFORMATION!

WHO? ANYONE CAN JOIN THE CHALLENGE FOR FREE ONCE THEY BECOME A LWK COMMUNITY SITE MEMBER! Minors under the age of 18 should be supervised and supported by a parent or guardian. This is a great event for the whole family or workplace to do together!

WHAT ELSE? We encourage every participant to join with or find an A/E BUDDYTM for the purpose of having accountability and encouragement. While anyone you know and trust can be your A/E BUDDYTM, it is helpful to find someone who has similar goals, and who is willing to participate for the duration of the challenge, encourage and hold you accountable. You will do the same for them!

WHY? We hope you will join us in the challenge for reasons of striving to improve your health and wellbeing, and therefore improving work, relationships and quality of life in addition to your health! We can accomplish so much more working together! Additional reasons are to support local businesses and of course the opportunity to win prizes, and who doesn't love that?

WHAT ELSE MUST I DO TO BE ELIGIBLE FOR PRIZES?

You must visit the local businesses who are participating in the Challenge if you wish to have the additional opportunity to win prizes. To be eligible to win prizes you will need to complete the LWK PASSPORT and then you can enter the drawing.

HOW IT WORKS: Visit local businesses that are listed on the LWK PASSPORT anytime between February 1st, through March 15th. We will collect all completed LWK PASSPORTS and enter you into our drawing which will occur between MARCH 16-APRIL 15TH 2021.

You will be notified by phone / email if you are a winner of any of the prizes. The grand prize winner will be notified and provided with details in how they will claim their prize.

There will be no substitutions offered for the grand prize winner.

WHAT WE ASK OF YOU! Register with a buddy, your work team, your family etc. Let your peeps know that the event is happening and refer them to livewellkitsap.com/events.

Help us spread the word by liking and sharing our fb posts and sharing with others as you go about your day that the event is happening!! Encourage others to join!

Whether you intend to enter the drawing for prizes or not, go and safely support local businesses, especially our LWK business members. Go on the site and look for their special offers and discounts. Frequent them and let them know you found them through Live Well Kitsap!

Let's have fun and be safe while we learn, grow, go and transform together!