

IMPORTANT THINGS TO REMEMBER

- There are “3 seasons” with the redemption for incentives occurring at the end of each season only!
 1. Spring: January-April 2010
 2. Summer: May-August 2010
 3. Fall: September-December 2010
- Exercise has monthly minimum/maximum levels to help you be consistent and to get good quality exercise.
- To earn exercise points, it is important to track your exercise in minutes and turn it in on time.
- We’ll track your points based on our class/event attendance records. **IT IS YOUR RESPONSIBILITY TO MAKE SURE YOU SIGN IN!**
- “On your own” learning activities can be done at your convenience. Stop by the Wellness program to pick up home activities.
- Unless noted, all activities are limited to once per season.
- Check out other SACWP programming: Diabetes Prevention Program, Clinic Education, Pedometer Program, etc.

Under 16? We invite you to:

- Track your exercise to earn points
- All other Seasons of Wellness activities are geared towards adult learning

**Questions?? Call the Santa Ana Wellness Program
771-6753 or 771-6763**

2010 Seasons of Wellness September-December

HOW IT WORKS:

1. Use this pamphlet to learn how to earn wellness points and what incentives to redeem your points for.
2. Your goal is to earn up to 600 points this “Fall season” by participating in the listed Wellness sponsored or “on your own” learning activities.
3. After you earn as many points as you can, redeem those points in December for your choice of the listed health incentives.
4. **Questions?? Contact the Wellness Program at 771-6753 or 771-6763.**

*THE MISSION OF THE SANTA ANA COMMUNITY
WELLNESS PROGRAM IS TO PROMOTE, SUPPORT,
AND MAINTAIN HEALTHY LIFESTYLE CHOICES
WITHIN THE SANTA ANA COMMUNITY.*

Earning Points

Activity	Points
Wellness Classes: SEE WHAT'S NEW!!	
8-week Yoga Class (Date/Time TBA)	20 Per class
Using the Internet to find Health Info (Sept. 28th 10:00 am OR Oct. 12th 3:00 pm)	30
Pueblo Crossroads Walk/Run Events	10 Per event
SPECIAL!! This Season only: Fill out the new exercise log "Fitness on the Go" turn it in on time & earn an additional 20 points each month.	20
"On Your Own" Learning Activities: SEE WHAT'S NEW!!	
Come in and learn more about the Healthy Heart program	30
Come in and learn more about the Diabetes Prevention program	30
Healthy Habits Goal Setting Session: <i>call 771-6763 to schedule</i>	30
New! Home Activity #1: Silly Syllable Scramble	30
New! Home Activity #2: Riddles, Food Groups, Cooking Safety	30
New! Home Activity #3: Mystery Foods	30
New! Home Activity #4: Match Seeds with the Plant	30
<p>EXERCISE: Meet the <u>monthly</u> minutes listed below to earn points for each month. Exercise tracking logs are due by the 5th of each new month to staff or the drop box outside SACWP.</p>	
Sedentary Level: 8 workouts per month (FC or home exercise)	20
Beginner Level: 480-599 minutes per month <i>Hint: Exercise 20 minutes day/5x a week to reach this level</i>	60
Intermediate Level: 600-719 minutes per month <i>Hint: Exercise 30 minutes day/5x a week to reach this level</i>	80
Advanced Level: 720+ minutes per month <i>Hint: Exercise 36 minutes day/5x a week to reach this level</i>	120

Incentive List

Incentive	Points
1-\$10 Gift Card to approved location	100
New! Everlast 4-way Ab Stretch	100
New! Dr. Scholl's insoles	100
New! 3-piece glass measuring set	100
1-\$15 gift card to approved location	
New! Leaf Rake	150
New! Gift Certificate Atmobodh Yoga Studio (1 class)	150
New! Walking Stick	150
1-\$20 gift card to approved location	
New! Dyna Flex	200
New! Shake Weight Arm Exerciser	200
New! Yoga Kit with DVD	200
1-\$25 gift card to approved location	
Heavy Housework Cleaning Kit	250
New! Knife Sharpener	250
New! Fruit Basket	250
1-\$30 gift card to approved location	
New! Iron Gym Workout Bar	300
New! Stove Top Grill/Griddle	300
New! 6 game Combo Pack (badminton, volleyball, etc.)	300
<p>(Approved locations include: Big 5, Sports Authority, Foot Locker/Lady FL, Sportsman's Warehouse, SA Garden Ctr., Sunflower, PIMA Massage, Defined Fitness, Now We're Cooking, I-Tunes gift card)</p>	