A key component to healthy lifestyle change is social support. In other words, having a friend, significant other, sister, brother or coworker support you in your journey to a healthy lifestyle can increase your chance of success.

The State Employee Wellness Center wants to encourage you to partner up for health through a new program called No Junk Food July Challenge.

Here’s how it works:
The No Junk Food July Challenge involves choosing a healthy goal, finding a buddy to work towards the same goal, and signing a contract to keep you accountable. You and your buddy will work together to reach your goal and commit to the No Junk Food July Challenge contract. At the end of the month you will report back and share your experiences. If you are on target with your goals, you will be eligible to win prizes.

Who can be a buddy?
Employees can choose a buddy at work, at home or within the community. Examples include coworkers, friends, neighbors, significant others, siblings or even a parent. Choose a buddy who will support you in your healthy goal. Only one person needs to be a State employee.

How long is the commitment?
July 1-31, 2013. Research shows that habits are more likely to stick after doing an activity for at least three weeks.

What kinds of goals must we make?
The purpose of this challenge is to encourage you to commit to habits that will improve your health, specifically in the area of nutrition. You can choose from the any of the three following goals:

Fast Food Fighter

Junk Food Junker

Alcohol Avoider

You are encouraged to choose a goal that is specific to helping you improve or maintain your diet. You are also welcome to make more than one of these areas your goal. For example, you could tackle both fast food and junk food.

How do we sign up?
Choose a buddy, complete the contract on page 2, and either mail or bring your completed form to the Wellness Center with your $10 payment. Your contract will be reviewed for eligibility and you will receive an email confirmation.
What kinds of rewards are we eligible for?
If you submit a contract and meet any of the following benchmarks for successfully reaching your goal, you will be entered into a drawing for the following prizes:

- Amazing Effort: 28/31 days of meeting your goal = $25 gift card to the grocery store of your choice*
- A Perfect Score: 31/31 days of meeting your goal = $50 gift card to the grocery store of your choice*

*Note: Only State employees are eligible for program prizes.

Important No Junk Food July Dates:
Program Dates: July 1 – July 31, 2013
Deadline to submit contract: June 25, 2013

Cost:
$10 per contract submitted (two people per contract – one of which must be a State employee).

Return this form along with your $10 registration fee (cash or checks payable to Healthbreak) to the State Employee Wellness Center by June 25, 2013.

Mail to: Healthbreak, Inc.
State Employee Wellness Center
601 – 16th Street, Suite C-311
Golden, CO 80401

Drop off (please call first if you are not a Wellness Center member): State Employee Wellness Center
1570 Grant St.
Denver, CO 80203

No Junk Food July Challenge Contract
Each buddy “team” needs to submit only one contract. One of you can take the lead in submitting the contract; just include signatures and email addresses from both participants.

Employee Name: __________________________________________ Email: __________________________________________
State Department: __________________________________________

Buddy Name: __________________________________________ Email: __________________________________________

Relationship to Employee: __________________________________________

Place an “X” in the box next to which health area(s) you will focus on in July. You can choose more than one, but you and your buddy must have the same goal.

[ ] Fast Food Fighter
[ ] Junk Food Junker
[ ] Alcohol Avoiders

I, ___________________________ (print employee name) and I, ___________________________ (print buddy name) agree to the terms and conditions set forth in this contract and will report back to the Wellness Center at the end of the Challenge through an electronic survey that will be sent to me. I will complete the electronic survey in order to be eligible for prizes.

Signature 1: __________________________________________ Date: __________________________
Signature 2: __________________________________________ Date: __________________________