



Frequently Asked Questions

Join our employee wellness challenge! Contact Shannon Brodeur, Wellness Coordinator, for more information: sbrodeur@mtu.edu

WHO is the program designed for?

This program is designed for those just considering making meaningful lifestyle changes to those who are already practicing healthful habits. The real emphasis of this program is on developing a habit of regular exercise and utilizing social support and variety to promote exercise adherence.

Form a team of 4-7 employees & sign up by September 28th!

WHAT is the program goal? Challenge begins Monday, October 2nd!

The goal of every wellness incentive program is to provide participants with the tools to make meaningful and healthful lifestyle changes. This program focuses on teams competing to earn points for establishing a habit a regular physical activity, as well as encouraging participants to include a variety of physical activity in their routine.

WHEN and WHERE do I need to complete activities?

The activities focus entirely on physical fitness, so most will be completed during the time you designate for physical activity. They can be completed at home, at the gym, or wherever else you feel comfortable exercising. Most may be completed independently, although some teams may choose to exercise together occasionally.

WHY is it important that I participate?

Including variety and maintaining social support significantly increase the likelihood that you will stick with an exercise habit. The design of this wellness challenge makes it easy for everyone from those just considering making meaningful lifestyle changes to those already practicing healthful habits.

HOW will my progress be tracked?

You will be provided with a tracking form. At the end of each week, you will report your physical activity minutes and activities to the team captain. A team average will be calculated and points will be awarded accordingly.



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