



We have some eager staff who want to get going on earning their Wellness Incentive Points. So here are a few to get you started!

October

EAT	Visit a farmers market. Share where you went and your favorite item that day. 2pts	What's your favorite comfort food? 1 pt	Minnesota is known for our Honeycrisp apples! What's your favorite way to enjoy them? Share a recipe. 2 pts	Warm up with your favorite soup or chili recipe. Share the recipe. 2 pts
PLAY	Carve a pumpkin for Halloween - share a photo! 2 pts	Where's your favorite spot for a fall hike or bike ride? Why? 1 pt	Cheer on your favorite team at an outdoor sporting event. 1pt / 2pts for a Prep event!	Dress up for Halloween. Share a photo 2 pts
LIVE	Fall yard clean up - rake the leaves for fall fitness! Share how many bags you raked up. 1 pt /share a photo-2pts.	Decorate your yard/home for fall or Halloween. Share a photo. 2 pts	Host a bonfire with family and friends. Share a photo and how low the temp was! 2 pts	Take time for yourself. Share your favorite way to recharge. 1 pt per activity/3 pts total

Email your points and photos to employeehealth@stcroixprep.org

Reminder: \$120 stipend to be paid in September of 2026 for completing **25** points and giving the date of your annual physical (between June 2025 and June 2026).

