



# April Wellness Incentives



## EAT!

- Grilling season is back! What is the most unique food that you enjoy on the grill? 2 pts
- Share your favorite ways to increase your protein. Extra point for sharing a high protein recipe. 1-2 pts

## PLAY!

- Decorate Easter Eggs! 2pts
- There are amazing health benefits to getting outside in the sunlight every day. Aim for 20 minutes of outside time 3 days a week for this month. 3 pts

## LIVE!

- Share an outdoor activity that you did this month that you haven't been able to do all winter. 2 pts
- Aim for 10,000 steps/day this month. Extra point for hitting this goal 30/30 days. 2-3 pts

email your completed incentives to: [employee wellness@stcroixprep.org](mailto:employee wellness@stcroixprep.org)

