

*Fabiano Brothers*

# Safety & Wellness Challenge ready, set, go! starts on or after 4/22/24

## FLEX-TIME CHALLENGE Bend and Stretch

The FLEX-TIME Challenge invites you to do 150 minutes of stretching during the next 30 consecutive days. That is just 5 minutes a day! Most of us sit down for a good part of the day, which wreaks havoc on your posture. Stretching for short periods throughout the day helps loosen up tight muscles and improve flexibility. Take a break, flex your muscles, and recharge!

Source: Fabiano Brothers WellRight Site sponsored by Ascension Employer Solutions. Sign Up with Registration Code- Fabiano2024 - <https://fabianobrothers.wellright.com/>

### Completing this Wellness Challenge -

Complete 150 minutes of stretching during the next 30 consecutive days. complete this challenge online at <https://fabianobrothers.wellright.com/> (register for an account or log in if you already have one) or via this notice.

Employees can participate in the challenge when they want but for a consecutive 30-day period. For example, the soonest you can start the challenge is on April 22, and it ends on May 22 or start anytime after April 22 and go for 30 consecutive days.

Completed challenges must be submitted to HR five days after completion. Employees can complete one challenge every 30 days for 10 per year.





# FLEX-TIME CHALLENGE

**Starting Date:** ..... **Ending Date:** .....

On the calendar template below, write the 30-day period of your challenge, and then write which days you completed the challenge. To be eligible for the HIP bonus, submitted calendars must be for a 30-day consecutive period and be clearly written on the calendar below or done using the Fabiano Brothers Wellright Site. Submit all challenges to HR within five days of completion. Please contact HR with questions.

MONTHLY PLANNER		<i>Fabiano Brothers</i>		Start this challenge on or after 4/22/24.			
SUN	MON	TUE	WED	THU	FRI	SAT	

 Number of MINUTES in this 30-day period you participated in the challenge. No less than 150

**PRINT NAME & SIGN HERE-** \_\_\_\_\_ **Date:** \_\_\_\_\_ 



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## **FLEX - TIME CHALLENGE**

Notes Page - Feel free to write anything you want on this page. For example, what did you eat? How did you feel? Suggestions? etc. HR does NOT need this page, unless you put suggestions about the challenge on it.



A large area of lined paper for writing, with a vertical margin line on the left side.