

**do good +
feel good**
2021 COMMUNITY HEALTH CHALLENGE



Starts April 4th, 2021!
Sign Up at www.lrhc.org/challenge



Lake Region
HEALTHCARE

HOW IT WORKS

EARN POINTS BY DOING GOOD THINGS FOR YOURSELF

- Move More - walking, running, biking, swimming - it all counts!
New this year: Connect your wearable for automatic tracking.
- Extra points for fruit & veggies, water intake, good sleep, flow activities & gratitude exercises

EARN POINTS BY DOING GOOD THINGS FOR OTHERS

- Check in on a neighbor
- Donate time, money, clothing or food
- Do a random act of kindness

form a team

GATHER YOUR CO-WORKERS
FOR EXTRA FUN & A NEW
TWIST ON CORPORATE CUP
BRAGGIN' RIGHTS!

WIN - WIN!

- Each week we'll draw for prizes from active participants. Each winner will receive a second prize to give to a person of their choice.
- If we meet our "move" goal, we'll hold a grand finale drawing!
Grand Prize of \$1,000 in cash - which will be matched with another \$1,000 for the winner to award to a person/cause of their choice!

Fergus Falls Corporate Cup **Sunday 4/4- Saturday 5/15 (6 Weeks)**

General Rules and Information

Lake Region Healthcare is very excited to announce the seventh annual Fergus Falls Corporate Cup. The purpose of the Corporate Cup is to promote **team building**, physical activity, well-being and camaraderie within the workplace. The Corporate Cup offers something suitable for all levels and abilities.

Corporate teams will compete for the title: Most Mentally & Physically Fit Company in Fergus Falls and a coveted Corporate Cup trophy that the winner's local business will keep on display until the team is invited back to defend their title the following year.

This year is going to look completely different, as we have imbedded the Corporate Cup into our [Community Health Challenge](#). Form your team on our virtual platform and start cheering each other on and racking up points!!

Specific rules for this event:

1. Each team will need a minimum of 6 team members with a maximum of 10 team members.
2. Team members must be employed by the sponsoring company
3. Team members can represent only one team.
4. The Corporate Cup is intended to provide fun, fair competition. Unsportsmanlike conduct could result in the removal of an individual or team.
5. Teams will have the opportunity to win additional prizes by posting on our Corporate Cup Facebook Page. Posts eligible for prize drawings include pictures or video of your team wearing matching t-shirts, uniforms or costumes OR accomplishing a task together during the challenge. Facebook: Lake Region Healthcare – Health & Wellness Hub
6. Should there be a tie, there will be a tie-breaking event for the teams to participate in.
7. There will be a trophy awarded to the winning team, cash rewards for top 3 teams and a cash prize drawing (all teams included) at the end of the Corporate Cup.

Questions? Please contact Natalie Knutson at 218-736-8451 or nknutson@lrhc.org