

## *Point Your Way to Health*

*Point Your Way to Health* is an opportunity for members to earn prizes through the incorporation of healthy behaviors into their daily lifestyle. The objective is to record points each month for healthy behaviors and activities and cash these points out for merchandise from the Pro Shop.

### **Point Your Way to Health Rules**

- To begin, turn in the log sheet by the fifth of the following month.
- Points cannot be transferred or combined.
- Please remember to ADD UP YOUR POINTS SHEET.
- Merchandise cannot be held back or saved prior to points week.
- Cash out will be the third full week of every month. M-F from 6 AM – 9 PM ONLY.
- Log sheets must be turned in by the 5<sup>th</sup> of every month to receive credit for the previous month. **No Exceptions.**
- Points must be cashed out within 30 days of membership termination. Frozen Accounts will be “banked” until thawed.
- You have the option of “cashing out” points monthly or waiting until you have accumulated points to select the item desired.
- Failure to submit log sheets for 3 consecutive months will result in a loss of all points accumulated up to the current time. (Not applicable for “Frozen” accounts.)
- There is a 4000 point limit on all accounts. Once that limit is reached, no additional points will be added until a cash out has occurred.
- Point log sheets are available on [www.gshs.org](http://www.gshs.org) (**Link – Health and Wellness**) points log; enter points; then click the “submit” button (to send via e-mail) or “print” to print and bring to the Fitness Center.
- Refunds or Exchanges on Points Merchandise must be done within 30 days.
- For questions, please contact the Wellness/Fitness Center at 865-7458.

### **The following is how points are earned: points are per day ~ not per activity.**

1. Stress/Spiritual	1 pt	Meditation Read a book Take a nap Go for a walk Journal thoughts for the day Go to place of religious holdings
2. Healthy Lifestyle Choice	1 pt	Take the stairs Get 7 hours of sleep Park in furthest parking spot Watch less than 1 hour of TV
3. *Get Wet Program	1 pt 3 pts	1-24 laps in Turtle Pool 25+ laps in Turtle Pool
4. Pro Shop/Energy Stop	2 pts	Purchase an item from the Pro Shop or Energy Stop in the W/FC
5. Fitness/Health Journal	2 pts	Write down exercise, food intake, and how you felt at the end of the day
6. Nutrition (must do 2 things)	2 pts	Eat breakfast Take a multivitamin Eat 5 small healthy meals Drink at least 64 oz of water Avoid sweets for an entire day Consume 5 or more fruits/vegetables
7. Volunteer	2 pts	Time at the hospital, church, or community event
8. *Exercise at the W/FC (not available in combination with Get Wet Laps)	3 pts	Workout at the W/FC Attend a Group Exercise Class at the W/FC Attend a Tai Chi or Yoga Class at Healthy Lifestyles
9. Personal Training	5 pts	Time spent with a trainer: 1-on-1 training session, kick-start, body comp, nutritional analysis, fitness evaluation, or equipment instruction
10. Happy Birthday	100 pts	Your birthday month
11. Incentive Program	100 pts	Participate in W/FC promotional programs
12. W/FC Anniversary	200 pts	Your annual membership month
13. Referral	300 pts	Refer an individual to join the W/FC

\*based on front desk check-ins on computer