

## New Nutritional Online Wellness Challenge



Vivid vegetables and fabulous fruits—get ready for **Colorful Choices**! November is Diabetes Awareness Month and [Level Up](#), your Employee Wellness Program, is excited to announce a new online Nutritional Challenge called [Colorful Choices](#), designed to help you put produce first with a colorful variety of vegetables and fruits every day. This four-week challenge begins on **Monday, November 8**.

Please your palate and turbo-charge your health with *Colorful Choices*. There's no calorie counting, fat gram tabulating, weighing, or measuring. You simply earn points for each produce serving—2 for veggies, 1 for fruit, and a bonus point for Top Choices (produce such as blueberries, tomatoes, and Brussel sprouts, with extra health benefits). Your four-week program goal is 160 points.

Get ready to eat healthier from a rainbow of fruits and vegetables:

- Enjoy some healthy competition
- Gain inspiration to meet your own personal wellness goals
- Motivate others to eat a colorful variety of vegetables and fruits
- And win some amazing prizes

Online registration for *Colorful Choices* starts on **Monday, November 1**. Mark the date and get ready for this simple, effective and fun online wellness program.

Learn more about [Colorful Choices](#)!

**Let's not forget the prizes! Win BIG with *Colorful Choices*!**

### ***Individual Winners***

- 1st Place: Apple Watch
- 2nd Place: Fitbit Ionic
- 3rd Place: \$75 Target Gift Card

***Team Winner***

- \$50 Panera Bread Gift Card for each team member

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