

Seize the Year!

Level Up
Elevate your total wellbeing.



And the Winners are...

We hope you were able to get moving, spend time in nature, sleep better, eat healthfully, make connections and Feel Like A Million!

Look at what we were able to accomplish together:

- Total participants: **223 participants**
- Number of teams: **25 teams**
- Number of mobile downloads: **92 downloads**
- Devices connected: **37 Apple Health, 29 Fitbit, 2 Other (Garmin, Movable or Yoo)**
- Total wall posts: **912 wall posts/comments**
- Total virtual dollars: **\$291,690,000**

Individual Winners

- **1st Place:** \$250 Gift Card ~ Tava White, Department of Corrections
- **2nd Place:** \$100 Gift Card ~ Megan Vila, Department of Family Services
- **3rd Place:** \$50 Gift Card ~ Regina Washington, Office of Community Relations

Team Winners – \$50 Gift Cards

- Witness the Fitness 1 ~ Soil Conservation
 - Diana Lagunes
 - Donnell Richardson
 - Gail Myers
 - Heather Zdobysz
 - Terry Hampton
 - Kim Rush Lynch

Each One Bring One Winners – \$15 Gift Cards

Level Up added a special feature with **Each One Bring One**. Here's how it worked: You brought a friend to join this online wellness challenge, and each of you were eligible for a special wellness prize. Both had to complete the entire challenge in order to receive a \$15 gift card—everyone wins!

- 28 participants brought a colleague to this online well-being challenge. That means, there were 56 winners for this new feature! Stay tuned for additional ways to get rewarded for bringing a friend.

Congratulations!

Congratulations to all of the winners! We encourage everyone to continue to set healthy goals and prioritize your wellness journey. Thank you for participating.

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