



Good Morning all,

Our office will be participating in Well-U's *Good Food* Wellness Challenge from _____!

Good Food Basics

Incorporating a variety of fruits and vegetables into your day protects your body from illness and disease like no other food. The high fiber and nutrition values of fruits and vegetables helps the body to function and feel its very best. Anyone who signs up for this challenge will receive a free Well-U Starter kit to help in their healthy efforts and you may even win a prize! Here's how it works:

- Reply to this email to participate and receive your Starter kit.
- On the start date, mark off each serving of fruit or vegetable that eat each day on the [Good Food Record Keeping Card](#). Your goal is five servings per day.
- Once the challenge period is over, you'll send your card/cards to _____. Its' that simple!
- Prizes will be awarded to the top three individuals on _____ and will include a variety of exciting and fun surprises! Note: In the event of a tie, a raffle made up of the top individuals will determine the winner.

What is considered a serving of fruit and vegetable?

One cup of any fruit or vegetable is a serving. This includes fresh, frozen, or canned items.

NOT Included: Fruit Roll-Ups, fruit-flavored sweets, any item with added sugars, or that is highly processed.

How do I Participate?

To participate in our department's [Well-U Good Food Challenge](#), respond to this email by _____, then start tracking your fruit and vegetable servings the morning of _____! All University of Rochester employees can participate.

What If I'm On Vacation?

You can still participate! Just be sure to track your fruit and vegetable servings and submit your number to _____ on the _____.

Reply to this email to let me know if you are interested in participating!

Find other support resources on the [Well-U website](#).