



Frequently Asked Questions

- **What is Slam Dunk Wellness?**

It's a team-based fitness and nutrition program that captures the excitement of tournament basketball and makes good health fun. With simple, easy-to-remember habits you build into your day, you'll score big health improvements in *Slam Dunk Wellness*.

- **How does it work?**

Participants join together in teams of 5 to compete against other teams. Players score 1, 2, or 3 points by making healthy choices throughout the day.

- **Who can participate?**

Everyone. *Slam Dunk Wellness* is all about healthy choices. It shows you how to improve your overall health through friendly team competition. By focusing on ways to eat better and exercise more, with simple daily habits wrapped in an exciting basketball tournament format, you'll be surprised how easy it is to adopt healthy patterns.

- **If I have a disability can I still participate in *Slam Dunk Wellness*?**

Yes; *Slam Dunk Wellness*'s self-paced, flexible design fits people of all abilities. If walking isn't possible, be as active as you can in whatever ways you enjoy. If you're unsure which activities are best, check with your healthcare provider. The [National Center on Health, Physical Activity, and Disability](#) offers specific ideas.

- **How are points scored?**

Slam Dunk Wellness games are played daily, Monday through Friday. Each day your team squares off against another opponent. There are 7 daily ways to score points ("shots"), plus a daily Free Throw and 3 weekly ways. You get 3 points for choices with the greatest health impact and those that are the most challenging (like 5 produce servings a day), 1 or 2 points for those that are still important but a little easier.

- **How were the shots selected?**

There's more to a healthy lifestyle than the shots you take in *Slam Dunk Wellness*. But these habits were chosen because they provide the most participants with the skills needed to enhance nutrition and fitness. You'll be amazed at how much better you feel after just a couple of weeks in *Slam Dunk Wellness*.

- **Do I have to be on a team or can I go it alone?**

Slam Dunk Wellness is designed as a team competition because it promises the best overall results. You're not required to join a team, but it will be even more fun and bring more benefits if you do.

- **What's the shot clock all about?**

To get credit for your shots and have them count toward the team score for each game, you must record your activity online no later than 11 PM PT the following day. For example, Monday's shots must be logged by Tuesday 11 PM PT. For Friday's shots, you have until Monday 11 PM PT. When the clock strikes 11 PM PT, however, the game is over and your score is locked in. The shot clock lets you know how much time remains to take your shots for that day.

- **Can I get partial points for meeting some of the criteria... say 2 vegetables instead of 3?**

Sorry — just as you don't get points in basketball for hitting the backboard, you don't get credit for not putting the ball through the hoop in *Slam Dunk Wellness*. Plan your strategy so you achieve the most points and take your best shots every day.

- **How are standings and overall winners determined?**

Each time your team wins a game, you get 2 points toward the overall standings. If you tie you get 1 point, and if you lose you get no points for that day. The team with the highest point total when the season ends will be at the top of the standings. In the event of a tie, the team with the highest average player points scored throughout the season is the winner.

- **I'm not a basketball fan; is Slam Dunk Wellness right for me?**

You don't have to be Dick Vitale (famous basketball sportscaster) to enjoy the camaraderie and team spirit generated by this campaign. Plus everyone appreciates learning new health habits, especially when it's as fun and simple as *Slam Dunk Wellness*.

- **How long is the season?**

The season lasts 8 weeks, playing Monday through Friday, for a total of 40 days. Depending on the number of teams formed, you may play some teams more than once.

- **How are teams formed?**

Anyone can start or join a team of 5 during the preseason (registration period). Simply register and follow the steps to form your own team or accept the invitation of another team. During the preseason you'll be able to practice your shots (record healthy habits), but they won't count toward the team score.

- **How is the season schedule determined?**

Once team formation ends on Thursday, June 7, Slam Dunk Wellness will automatically generate a schedule, so when you log in on Friday, June 8 you'll see your schedule for the season. The season will start with your first game on Monday, June 11.

- **What happens if there is an odd number of teams — will all teams still play the same number of games?**

Yes. With an odd number of teams, you could see the Super Squad on your schedule. This virtual team's score is determined by the average score of winning teams for that day. It's a way to ensure every team plays the same number of games and has an even chance of winning.

- **What happens if I don't get on a team?**

That's okay. You can still record your progress and be a player. But do your best to get on a team before preseason ends. *Slam Dunk Wellness* is designed as a team competition because it promises the best overall results. You're not required to join a team, but it will be even more fun and effective if you do.

- **I missed logging a day — can I go back and record my activity?**

To make it fair for all teams and keep the games exciting, you have until 12 PM ET the following day to record your shots. When the clock strikes 12 PM ET, the game is over and your score is locked in.

- **Can I record my Slam Dunk Wellness shots on weekends?**

If you want to keep tracking your progress on weekends, you can print the [paper log](#). But you can't record your weekend progress online because games are played only Monday through Friday.

- **Can we replace a team member who drops out?**

Unlike basketball, where substitutions are common to give a player a rest or time to recover from an injury, in *Slam Dunk Wellness* your team is set when the preseason ends. All team member points contribute to each game's total, so even if a teammate misses a day or 2, the other players can pick up the slack and be sure to score as many points as they can.

- **Does everyone have to be in the same location to participate on the team?**

No. Since it's an online program, your teammates can be in other County departments at other worksites. There are some advantages to having teammates close by, but the most important thing is to recruit players who are supportive and motivated to live healthier.

- **Will I lose points if I answer the Free Throw questions incorrectly?**

No. But you can earn 1 extra point daily by answering correctly. The questions are easy — and you'll shoot 100% from the charity stripe if you take a moment to read each daily tip.

- **Is there a cap on the number of points a team can score?**

Yes. Individual players can score up to 16 daily points as well as up to 9 weekly points. Weekly points are counted on the day you record the once-a-week activity.

- **What if I have questions?**

If you want to know about healthy eating or exercise habits, click on Coach to ask Coach Heidi Hoops a question. She can't answer every participant's question, but she will address those likely to affect most participants. And even if you don't have a question, check her posts often for the latest on how to score a fitness or nutrition slam dunk. If you have a question about how the website works, such as recording your progress, click Contact Us at the bottom of the screen and send your question — we'll get back to you within 1 business day.