

JOIN US!

Active for LIFE at AC Gov!

Get Fit • Eat Better • Feel Great



2016 Campaign begins May 30th and ends August 21st

Active for Life is Alameda County's annual employee fitness & nutrition initiative. It is a fun, flexible 12-week program designed to help Alameda County employees improve their health and well-being.

The program includes:

- Worksite kick-off and finale
- HealthTrails online dashboard with mobile app
- Countywide team competition
- Free fitness classes & club discounts
- Bi-weekly newsletter
- Complimentary t-shirts & resistance bands
- Prizes and giveaways!

"Travel" the world to fitness!



HealthTrails is an online wellness challenge that allows you to track **5 healthy habits** while **"virtually"** traveling along world-famous trails.

1. Register for HealthTrails at **alamedacounty.healthtrails.com** starting May 23rd.
2. Join your Department Team and track your healthy activities starting May 30th.
3. Travel 400+ virtual miles over 12 weeks and win great prizes at the program finale!

Track these healthy activities:



For more details go to acgov.org/wellness

Active for Life at AC Gov is designed and presented by Wellness Works at Alameda County, a program of the County Administrator's Office Risk Management Unit. HealthTrails is provided by the HRS Employee Benefits Center, through Kaiser Permanente. Prizes are provided by 1st United Services Credit Union.

For more information contact: Alameda County Employee Wellness Program • (510) 271-5185 (2-5185) • wellness@acgov.org