



**2018 Worksite Wellness Challenge: Pop Up Points System List**

As an incentive to increase your team’s Worksite Wellness Challenge score, the “Pop Up Points System” (PUPS) was created. Pop Up Points will be awarded based on team participation in various “Worksite Wellness Challenge” activities. The maximum number of Pop Up Points a team can earn is **TWELVE POINTS**. Coaches are responsible for tracking their team’s participation and reporting it on their monthly Coach’s Report.

Teams can earn a total of **FOUR POINTS** for participating in any four of the following events (more will be added as dates are confirmed). At least three company employees (for larger companies) OR 10% of the company’s employees (for smaller companies) must attend the event. Don’t forget to take a photo of your team at the event to post on the “GFK Worksite Wellness Challenge” Facebook Group!

<b>Date</b>	<b>Event</b>	<b>Details</b>
Saturday, April 7 6:45 am - 8:00 am	March for Babies Kauai 2018	Lydgate Big Pavilion For more info: <a href="https://www.hawaii.com/event/march-for-babies-kauai/">https://www.hawaii.com/event/march-for-babies-kauai/</a>
Tuesday, April 10: 4:30pm	“Bikes on Rice”: Free, short, slow-paced bicycle ride around the Lihue area.	Info and registration: <a href="https://www.kauaipath.org/civicrm/event/info?reset=1&amp;id=270">https://www.kauaipath.org/civicrm/event/info?reset=1&amp;id=270</a>
Wednesday, April 18: 9-11:30am <b>or</b> 1-3:30pm	Wilcox Health: FREE Advanced Care Planning – Complete an advanced directive, learn about health care power of attorney and Provider Orders for Life-Sustaining Treatment (POLST). Wilcox Medical Center Conference Rooms	Info and registration: (808) 245-1205
Wednesday, April 18: 5:30-7pm	Wilcox Health: FREE Bone & Joint Community Event, “Healthier Bones for a Healthier Life” Physicians will discuss total ankle replacement surgery and conditions of the hand and foot. Wilcox Medical Center Conference Rooms	Info and Registration: (808) 245-1198
Saturday, April 21, 7-8:30am	Wilcox Health: FREE “Walk Around the Block with a Doc” After a brisk walk, Dr. Tyler Chihara, Podiatric Physician and Surgeon, will discuss “Heel Pain”. A healthy breakfast will be served. Wilcox Medical Center Main Lobby	Info and Registration: (808) 245-1198

Sat.-Sun., April 28 – 29: 6pm – 6am	Relay for Life (Hanapepe Soccer Fields) An opportunity to come out and support cancer survivors, and support teams as they do onsite fundraising with food sales, baked goods, lucky drawings, etc....If you know any survivors, there are some events specifically for them.	Info: (808) 246-0695 or (808) 635-6956 Register: <a href="http://www.relayforlife.org/kauaihi">www.relayforlife.org/kauaihi</a>
Tuesday, May 8: 4:30pm	“Bikes on Rice”: Free, short, slow-paced bicycle ride around the Lihue area.	Info and registration: <a href="https://www.kauaipath.org/civicrm/vent/info?reset=1&amp;id=270">https://www.kauaipath.org/civicrm/vent/info?reset=1&amp;id=270</a>
Tuesday, June 12: 4:30pm	“Bikes on Rice”: Free, short, slow-paced bicycle ride around the Lihue area.	Info and registration: <a href="https://www.kauaipath.org/civicrm/vent/info?reset=1&amp;id=270">https://www.kauaipath.org/civicrm/vent/info?reset=1&amp;id=270</a>
Saturday, June 23: 6:30am	Mayor-a-thon (Kapa‘a Beach Park)	Registration opens June 1 <sup>st</sup> : <a href="http://www.GetFitKauai.com">www.GetFitKauai.com</a>
Tuesday, July 10: 4:30pm	“Bikes on Rice”: Free, short, slow-paced bicycle ride around the Lihue area.	Info and registration: <a href="https://www.kauaipath.org/civicrm/vent/info?reset=1&amp;id=270">https://www.kauaipath.org/civicrm/vent/info?reset=1&amp;id=270</a>
Saturday, August 11	Relay for Life (Waioli Soccer Fields, Hanalei)	Info: (808) 246-0695 Register: <a href="http://www.relayforlife.org/hanaleihi">www.relayforlife.org/hanaleihi</a>
Tuesday, August 14: 4:30pm	“Bikes on Rice”: Free, short, slow-paced bicycle ride around the Lihue area.	Info and registration: <a href="https://www.kauaipath.org/civicrm/vent/info?reset=1&amp;id=270">https://www.kauaipath.org/civicrm/vent/info?reset=1&amp;id=270</a>
Tuesday, September 11: 4:30pm	“Bikes on Rice”: Free, short, slow-paced bicycle ride around the Lihue area.	Info and registration: <a href="https://www.kauaipath.org/civicrm/vent/info?reset=1&amp;id=270">https://www.kauaipath.org/civicrm/vent/info?reset=1&amp;id=270</a>
Tuesday, October 9: 4:30pm	“Bikes on Rice”: Free, short, slow-paced bicycle ride around the Lihue area.	Info and registration: <a href="https://www.kauaipath.org/civicrm/vent/info?reset=1&amp;id=270">https://www.kauaipath.org/civicrm/vent/info?reset=1&amp;id=270</a>

Teams can earn a total of **TWO POINTS** for attending a “Physical Activity and Stress Release” Pau Hana Talk Story presented by HMSA on Tuesday, April 24<sup>th</sup> from 5 - 6:30pm at the Kaua’i Marriott Resort, 3610 Rice Street, Lihue, in the Garden Court. Two team members are invited to attend.

Teams can earn a total of **TWO POINTS** for attending a “Physical Activity and Nutrition” Pau Hana Talk Story presented by Kaiser Permanente on Thursday, July 12<sup>th</sup> from 5 - 6:30pm at the Kaua’i Marriott Resort, 3610 Rice Street, Lihue, in the Garden Court. Two team members are invited to attend.

Teams can earn a total of **TWO POINTS** for attending the “Sustainability” Pau Hana Talk Story presented by HMSA on Thursday, September 13 from 5 – 6:30pm at the Kaua’i Beach Resort, 4331 Kauai Beach Drive, Lihue in the Jasmine Ballroom 2. Two team members are invited to attend.

Teams can earn a total of **ONE POINT** for posting at least ten (10) posts on the “GFK Worksite Wellness Challenge” Facebook Group (<https://www.facebook.com/groups/582232638608144/>). A picture counts as one post.

Teams can earn a total of **ONE POINT** for doing a three-minute interview in-studio about their Worksite Wellness Challenge experience and progress on KONG 93.5FM during the “Bev and Marc” radio show

(Wednesdays between 4-5pm) between today and October 24<sup>th</sup>. Sign up at: <https://tinyurl.com/gfksw2018>  
Note: there are only 18 Wednesdays available for interviews between now and the end of the Challenge.

*Any questions about the Worksite Wellness Challenge Pop Up Points System (PUPS) can be directed to your coach or Bev Brody, Director of Get Fit Kaua'i: [bbrody1@hawaii.rr.com](mailto:bbrody1@hawaii.rr.com).*