



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...**teams earn ONE POINT per event, up to four events**. 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!

Date	Event	Details
Sunday, Sept 2: 6:00 a.m.	10th Annual Kauai Marathon and Half Marathon	To register and info on participating and/or volunteering: info@thekauaimarathon.com
Labor Day Holiday Monday, Sept 3: 8:30 am – 11:30 am	Waimea Historic Walking Tour Advanced Reservations are required no later than noon the Friday prior to the walk.	Walking tours are offered on Mondays from 8:30 am to 11:30 am starting from the Visitor Center. Admission by Donation. Call (808)338-1332 to make your reservations. https://kauaifestivals.com/festival/waimea-historic-walking-tour-2/2018-09-03/
Saturday, Sept 8: 2:30 p.m.	Working Together to Prevent Suicide Walk	Register at www.preventsuicidekauai.org For information call Jeffrey Pears at (808) 634-9992
Tuesday, Sept 11: 4:30pm	“Bikes on Rice”: Free, short, slow-paced bicycle ride around the Lihue area.	Info and registration: https://www.kauaipath.org/civicrm/event/info?reset=1&id=270 INQUIRE ABOUT LOANER BIKES: (808) 639-1018
Wednesday, Sept. 12: 9:30 a.m. - 12:00 p.m.	Wilcox Medical Center: “Advance Care Planning: The Greatest Gift” (Ilocano Class)	It’s important for all adults to complete an Advance Directive and talk with your loved ones about your wishes. Two Ilocano-speaking facilitators will provide information and guide you on completing your Hawai’i Advance Health Care Directive. Free notary services available.

Tuesday, Sept. 25: 9:00 a.m. - 11:30 a.m.	Wilcox Medical Center: "Walk Around the Block with a Doc"	After a short walk, ER physician Ryan McMorries will discuss falls prevention. A healthy breakfast will be served.
Tuesday, Sept. 25: 9:00 a.m. - 11:30 a.m.	Wilcox Medical Center: "Advance Care Planning: The Greatest Gift"	Complete an Advance Directive and talk with your loved ones about your wishes. Facilitators will provide information and guide you on completing your Hawai'i Advance Health Care Directive. Free notary services available. For information and registration: 245-1205
Tuesday, October 9: 4:30pm	"Bikes on Rice": Free, short, slow-paced bicycle ride around the Lihue area.	Info and registration: https://www.kauaipath.org/civcrm/vent/info?reset=1&id=270 INQUIRE ABOUT LOANER BIKES: (808) 639-1018

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 24th 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 12th 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 24th. Sign up at: <https://tinyurl.com/gfkws2018> 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.