



*** Additional time and servings can be tracked on a daily basis but there are point restrictions that are maxed out daily.**

Daily Points Breakdown		
Healthy Activity	Points	*Maximum Amount Allowed Per Day
Cardiovascular	1 point = 10 minutes	6 points = 60 minutes
Strength & Flexibility	1 point = 10 minutes	3 points = 30 minutes
Fruits & Vegetables	1 point = 1-2 servings	9 points
	2 points = 3-4 servings	
	5 points = 5 servings	
	6 points = 6 servings	
	7 points = 7 servings	
	8 points = 8 servings	
Tobacco Free	5 points	5 points

****All yearly healthy activity points can be redeemed once per year.**

We do encourage participants to engage in as many of the activities as possible.

Yearly Points Breakdown		
Healthy Activity	**Points	Description
Health Risk Assessment (HRA)	100 points	Complete the health risk assessment at: https://ha.traleexplorer.com/index.asp
Wellness Screening	100 points	Receive all of the screenings and preventative health measures recommended by your physician.
Webinar	5 points each	Attend one of the AHELP approved webinars via the internet or during an agency meeting.
Blue and You Fitness Challenge	10 points = 30 checkpoints	A physical activity challenge during March 1-May 31. Participants engage in cardiovascular activity and must complete 30 checkpoints.
Maintain Don't Gain Holiday Challenge	10 points	A health program that provides healthy tips, recipes, and other information on staying healthy through the holidays.
Chronic Disease Event	10 points	Participate in at least one of the Following: Komen Race for the Cure; Heart Walk; Fight for Air Climb
Walk/Run 5k or more	10 points	Participate in a 5k (3.1 miles) or longer walk, run, race or marathon.