Information Sheet

The 2012 Summer Olympics in London will begin Friday, July 27 and end on Sunday, August 12. Millions of people will watch the finest athletes in the world compete in the 26 Summer Olympic sports. As a spectator, your eyes will move while the athletes jump, run, swim, dive, shoot, pedal, throw, swing, and hit across your television screen while your body will remain sedentary in your favorite chair. Instead of just watching, why not participate in the WellNYS Everyday Olympic Experience?

WellNYS Everyday Olympic Experience Guidelines

1. The 16 healthy behaviors can be accomplished any day during the Olympics with the exception of the Closing Ceremony. Healthy behaviors are listed on the tracking form.

2. Each day, complete and track the date of at least one healthy behavior.

3. You may participate in more than one behavior per day, but only one behavior will count each day.

4. On the final day of the Closing Ceremony, practice as many of the healthy behaviors you engaged in over the past 16 days and describe your experience on the tracking form. For example: eat fruit and vegetables, participate in physical activity, do a random act of kindness, etc.

5. To achieve:
   - **Gold Award** Complete all 16 healthy behaviors - at least one different behavior each day
   - **Silver Award** Complete at least 12 behaviors for 12 days
   - **Bronze Award** Complete at least 8 behaviors for 8 days

6. Choose a type of registration: Individual or Family

7. Submit the registration form by July 13. Send to one of the following:
   a. Email the information to wellnys@eap.ny.gov
   b. Fax the registration form to (518) 486-9796
   c. Mail to NYS EAP 55 Elk Street, Suite 301-A Albany, NY 12210

8. Complete your experience When you have completed the Closing Ceremony, email, fax, or mail your Olympic Experience Tracking Form by August 24. If an employee registers their family, in order for each family member to receive an award, each person needs to complete a tracking form. Parents, please fill out one for each child. Your award will be sent to your EAP Coordinator by September 7.
Registration Form

Employee Information

Name: ________________________________

Work mailing address: ________________________________________________________________

City: __________________ State: _______ Zip: __________________

Agency: __________________________ Facility: ______________________________

Email address: __________________________

I plan to participate in the WellNYS Everyday Olympic Experience.
Here is my registration status:

☐ Individual    ☐ Family     Number of adults _____ Number of children _______

Send the registration form to NYS EAP:

☐ Email the information to wellnys@eap.ny.gov

☐ Fax the registration form to (518) 486-9796

☐ Mail to: NYS EAP
55 Elk Street, Suite 301
Albany, NY 12210

Registration deadline: Friday, July 13, 2012
WellNYS Everyday Olympic Experience Tracking Form

Name: ____________________________________________

Work mailing address: ____________________________________________

City: __________________________ State: _______ Zip: __________

Agency: ____________________________________________ Facility: ____________________________

Email address: ____________________________________________

Write the date that you completed the healthy behavior between July 27 – August 12. The behaviors do not need to be completed in any specific order. Send the tracking form to one of the following by August 24:

   a. Email the information to wellnys@eap.ny.gov
   b. Fax the registration form to (518) 486-9796
   c. Mail to NYS EAP, 55 Elk Street, Suite 301-A, Albany, NY 12210

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<thead>
<tr>
<th>Date</th>
<th>Healthy Behaviors</th>
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<tbody>
<tr>
<td></td>
<td>Weigh yourself and write it down</td>
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<tr>
<td></td>
<td>Wake up early and participate in 20 minutes of physical activity</td>
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<td>Listen to energizing music for 10 minutes</td>
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<td></td>
<td>Participate in one of the Summer Olympic sports for 15 minutes</td>
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<td>Spend 20 minutes in meditation/quiet reflection or write in a journal</td>
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<td>Spend time outside and explore nature</td>
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<td>Eat a variety of 5-7 fruits and vegetables today</td>
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<td>Try something fun that will make you laugh</td>
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<td>Put on sunscreen and wear sunglasses</td>
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<td>Do a random act of kindness</td>
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<td>Read one food label</td>
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<td>Make water your beverage of choice today</td>
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<td></td>
<td>Floss your teeth twice today</td>
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<td></td>
<td>In bed lights off for 8 hours before alarm goes off</td>
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<td></td>
<td>Write down everything you ate today</td>
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<td></td>
<td>Start a new habit and end a bad habit</td>
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Closing Ceremony: Sunday, August 12 – Final Day

Practice as many of the healthy behaviors you engaged in over the past 16 days then describe your experience.

________________________________________________________

Evaluation

Thank you for participating in the WellNYS Everyday Olympic Experience. Please answer the following questions.

1. How many days did you participate? ____________________________

2. Are there any new behaviors you completed that will be added to your lifestyle? □ Yes □ No
   If yes, which behaviors? ____________________________________________

3. What was your favorite sport to watch during the 2012 Summer Olympics? ____________________________

4. Do you have a success story that you are willing to share? □ Yes □ No
   If yes, add on separate paper

5. Do you have any comments or suggestions about the Olympic Experience? ____________________________