

Tour the 7 Wonders of the World and Develop a Healthier Lifestyle by joining or starting a Health 1st Wellness Team



MUSC Employee Wellness Program
www.musc.edu/medcenter/health1st

This competition will go from January 1, 2009 to March 31, 2009

Prize for winning team:

Winner's Certificate and Whole Foods bags- filled with delicious, healthy groceries from Whole Foods

FREE pedometers and Healthy Habits Log Books for all team members and hats for coaches

Teams do not have to exercise together as each team member enters their daily steps/points online under their team name

**Want to have fun as you get healthier?
Want more details?
Want to lead or join a team?**

Go to the Health 1st website at www.musc.edu/medcenter/health1st or contact Health 1st at health1st@musc.edu or 792-1245 or 792-9959

