

# The Town of Kennebunk wants you to join us for the fall/winter session of Healthy Kennebunk!

This session begins Thursday, October 26<sup>th</sup> and ends Thursday, December 14<sup>th</sup>.



## ***Participating is as easy as 1, 2, 3.***

1. Earn and record points by completing the healthy activities listed below
2. Drop off a [completed activity log](#) each week to the Recreation Department on the 3<sup>rd</sup> floor of Town Hall ([Yes, you should take the stairs!](#))
3. Complete raffle tickets for points earned (1 point = 1 ticket/entry) and enter the Grand Prize Drawing

## **Points are awarded in the following ways:**

Activity	Points
Exercise	1 point for every 30 minutes completed
Complete a random act of kindness	2 points for every random act of kindness
Eat fruits & vegetables	1 point for every 5 servings (One serving of fruit = a medium apple, banana, or orange, a ½ cup of cooked or canned fruit (chopped), or ¾ cup of fruit juice. One serving of vegetables = one cup of raw, leafy vegetables, ½ cup of other vegetables (chopped, cooked or raw), or ¾ cup of vegetable juice.)
Drink six 8 oz. glasses of water each day	1 point for every 32 ounces of water
Refrain from smoking	2 points per week

Each week we will offer healthy giveaways as you drop off your [activity log](#) and complete your raffle tickets. On Friday, December 15<sup>th</sup> there will be a drawing for three grand prizes from all of the entries received.

***Healthy Kennebunk's mission is to create and enhance workplace and community wellness in Kennebunk.***

Questions/Feedback: [tpinkham@kennebunkmaine.us](mailto:tpinkham@kennebunkmaine.us) or (207) 604-1314