



Employee Bulletin

Two new *Fitness Challenge* opportunities available to state agency employees

The Journey to Wellness is excited to announce two fitness challenge opportunities available to state agency employees. [Click here](#) to watch our newest YouTube video, which describes the Fit Frank and Kentucky Main Street Project challenges.

- **The Fit Frank Fitness Challenge** is a four-week challenge beginning Monday, June 14. You are invited to personalize your Fit Frank and log your daily wellness activities on the back. At the end of the challenge submit your Fit Frank in order to be eligible to win some great prizes. Get your Fit Frank brochure from one of the Fit Frank displays, if you're in Frankfort, or [click here](#) to download. Complete instructions are included.
- **The Kentucky Main Street Project Challenge: Preserving History and Health** is done in partnership with the Kentucky Heritage Council and runs from Memorial Day through Labor Day 2010. This treasure hunt challenge involves visiting the main streets of Kentucky to enjoy architecture that has been creatively linked to a health fact. Each participating city will have 10 downtown architectural treasures for you to find. When you visit a town and find the treasures, simply complete the online entry form provided at the website below. There is a separate prize drawing just for state agency employees and chances to win increase with each Kentucky Main Street Project you visit. All of the details can be found at www.kymainstreetchallenge.com.

Have fun while getting healthy with Journey to Wellness this spring and summer!

Stephanie Marshall and Tracie Meyer
Your Journey to Wellness team

At KEHP, "Members Matter"

FOR MORE INFORMATION

Visit the Personnel Cabinet at
<http://personnel.ky.gov/dei/wellness/>

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