

# HEALTHY U CAMPAIGN

Spring, 2007

## How do I win a prize?

You earn Healthy U dollars for participating in weekly challenges. For every 180 Healthy U dollars earned you are eligible to put your name into the weekly drawing. All drawings will be held on Monday afternoon. Participants will be notified by email if their name is drawn.

## What are the challenges?

On the back of this flier is a list of the most current two weeks of challenges. Check your email for updated program info and challenge information.

## Where do I turn in my dollars?

Healthy U dollars must be turned into the Lifestyle Enhancement Center by Monday noon for the previous week's challenges.

## Is there a fee to join?

There is a \$5 fee for participating in the program. All proceeds will be used for prizes.

## Some of the Prizes you could win:

\$100 Debit Card - Bank of Carbondale  
IPOD Shuffle - Counseling Center  
SIU MVC Tournament Tickets - SIU Athletics  
Rams Jersey & Cowboys Jacket - Pro Image  
Personal Training Gift Package - RSS Fitness  
Gift Package - Egyptian Revival Day Spa  
Large Pizza - Pagliaia's Pizza  
Package of Sox - Shoes N Stuff  
T-Shirt - Miners Baseball League  
Piggy Bank, Hat, T-shirt, Koozie - AG Edwards  
Tickets - McLeod Theater  
Tickets - Shryock Auditorium  
Gift Package - 710 Book Store  
Stability Ball & Resistance Tube - RSS Fitness  
Pliers/Wrench Set - Auto Zone of Carbondale  
Gift Certificate for Free Entree - Harbaughs  
Medium Pizza - Italian Village  
T-Shirt - UniversiTees  
Gift Certificate for a Free Meal - Long John Silvers  
Gift Certificate for a Free Dinner - Fazoli's  
Dyna Band - Fitness Wholesale  
Tres Hombres - Dinner for Two  
Dessert for Two - Global Gourmet

**Many more great prizes will be announced later.**

## ON THE ROAD TO A HEALTHY YOU!

The Healthy U Campaign is sponsored by:

- Student Health Center
- Recreation Center
- Counseling Center
- Student Development

For more information:

**Call 618/453-1275**



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