We believe that health is individually unique, and healthy moments are a crucial part of our daily lives that should always be celebrated – big or small. So flaunt your healthy self by sharing a healthy photo!
Submit all photos to WellnessCoaches@tusd1.onmicrosoft.com

HEALTHY SELFIE CATEGORIES:
♦ Wellness For You - What does Wellness look like to you?
♦ Break your barriers with a New Recipe or Activity.
♦ Get Moving! Show us your Fitness photo.
♦ Show me your plate full of Nutritious fuel.
♦ Fill’ er Up! Show us how you Hydrate.
♦ Play well with others - Snap a healthy photo with a group. (friends, family and/or coworkers)
♦ Grab a selfie with your Health Coach.

PRIZES!
Hit 3 or more categories and you will to be entered into the Healthy Selfie Raffle Drawing for each category that you have submitted. Earn up to 7 raffle entries for your chance at 1 of 15 Health and Wellness Prize Bags valued at $100 each – including fitness, nutrition, hydration and self-care goodie bags!

GRAND PRIZE
Hit all 7 categories for a chance at the Grand Prize Raffle Drawing for the Grand Health and Wellness Prize Bag of goodies valued at $250!