

Get Ready to Step Up to the Line in *Slam Dunk Wellness*



Overwhelmed by wellness advice? Many people are — but good fitness and nutrition really boil down to simple, everyday habits that can significantly improve your health and well-being.

Beginning Monday, February 20th, register to become part of a *Slam Dunk Wellness* team and start enjoying the benefits of consistent exercise and healthy eating. With its basketball tournament theme, the 6-week Slam Dunk Challenge turns these habits into fun.

- **Take a shot.** Every time you complete any of the 7 daily and 3 weekly health activities, you'll score points to help your team win each day's game. The shots are worth different amounts, based on health impact. Score an extra point, too, with a daily Free Throw.
- **Go team!** Research shows that people are more successful at changing health behaviors with social support. Throughout the *Slam Dunk Wellness* season, your team will share ideas, provide encouragement, strengthen commitment, and increase accountability.
- **Get motivating emails.** Daily reminders will help you stay on track and focus on smart fitness and food choices.
- **View pep talks from the Coach.** Stay current on physical activity and nutrition news with blogs from Coach Heidi Hoops.
- **Use articles, recipes, and more.** *Slam Dunk Wellness* is packed with practical information to support your healthy exercise and eating habits. You'll find articles, links to fitness and nutrition websites, and hundreds of delicious recipes to fuel success — right at your fingertips.

Ready to take a shot at better health? Registration begins Monday, February 20th and ends on Thursday, March 9th. The official challenge begins March 13th and is open to Benefit Eligible Faculty and Staff.

To register, go to <https://universityofdayton.goslamdunk.com>. For more information on *Slam Dunk Wellness*, contact Maci Byers at mbyers1@udayton.edu or Jennifer Hayes at jhayes1@udayton.edu.