

# Challenge Chatter

## SUNY Wellness Challenge News

Volume 8 April 11, 2013

### Weekly Winners!

#### More Veggies More Veggies – Fit Chicks

Fit Chicks are this week's winner with an amazing 1008 veggie/fruit points (holy guacamole, that's a lot of chewing.....oh wait, is that a fruit) ☺



#### A New Meaning for Going Green – John Scognamiglio

Team Captain, Hailey Ruoff, nominated John Scognamiglio as the greenest person on campus. He is not necessarily environmentally conscious but he would out do the strictest vegetarian with the amount of veggies he consumes per day. It has been noticed by his co-workers that John's skin is starting to turn a wonderful greenish hue. They are not sure if he is a football fan but can say he is well on his way to turning Jets green!!

Award winners should stop by 404 Miller for their prizes. Nominate your team or an individual for special recognition (any accomplishment, fun story, smack talk is welcome) by emailing Carol, Chris, or Pam.

### Save the Date for our Party!

Thursday, May 2, from 3:00 – 4:30 in Corey Union Function Room has been reserved for Cortland's Wellness Challenge Finale Party! Let your team captain know if you will be attending the finale; your captain will need to let [Pam](#) or [Carol](#) know the final count by Monday, April 15 for planning purposes. You do not need to be present to receive individual/team/division trophy awards, however, you must be present to win raffle/door prizes at the finale.

### Final weigh-ins

If you had a weigh-in at the beginning of the challenge, please be sure to get your final weigh-in. Bonus points will be earned for your percentage of body weight lost. The last day a weigh-in can be done and recorded in your profile is Wednesday, April 24. Here are dates and times you may go to get your weight taken on campus:

Van Hoesen Hall, Room C-119B (just before the Tomik Fitness Facility)

Monday, April 22: 12:00-2:00 p.m.

Tuesday, April 23: 2:00-4:00 p.m.

Wednesday, April 24: 12:30-3:00 p.m.