



Information Sheet

The 2012 Summer Olympics in London will begin Friday, July 27 and end on Sunday, August 12. Millions of people will watch the finest athletes in the world compete in the 26 Summer Olympic sports. As a spectator, your eyes will move while they jump, run, swim, dive, shoot, pedal, throw, swing, and hit across your television screen while your body will remain sedentary in your favorite chair. Instead of just watching; why not participate in the WellNYS Everyday Olympic Experience?

WellNYS Everyday Olympic Experience Guidelines

- 1. The 16 healthy behaviors can be accomplished any day during the Olympics with the exception of the Closing Ceremony. Healthy behaviors are listed on the tracking form.
- 2. Each day, complete and track the date of at least one healthy behavior.
- 3. You may participate in more than one behavior per day, but only one behavior will count each day.
- 4. On the final day of the Closing Ceremony, practice as many of the healthy behaviors you engaged in over the past 16 days and describe your experience on the tracking form. For example: eat fruit and vegetables, participate in physical activity, do a random act of kindness, etc.
- 5. To achieve:

Gold Award

Complete all 16 healthy behaviors at least one different behavior every day

Silver Award

Complete at least 12 behaviors for 12 days

Bronze Award

Complete at least 8 behaviors for 8 days

- 6. Choose a type of registration: Individual or Family
- 7. Submit the registration form by July 13. Send to one of the following:
 - a. Email the information to wellnys@eap.ny.gov
 - b. Fax the registration form to (518) 486-9796
 - c. Mail to NYS EAP 55 Elk Street, Suite 301-A Albany, NY 12210
- 8. Complete your experience

When you have completed the Closing Ceremony, email, fax, or mail your Olympic Experience Tracking Form by August 24. If an employee registers their family, in order for each family member to receive an award, each person needs to complete a tracking form. Parents please fill out one for each child. Your award will be sent to your EAP Coordinator by September 7.







Registration Form

Employee Information				
Name:				
Work mailing	address:			
City:		State:	Zip:	
Agency:		Facility:		
Email address	s:			
Here is my re	gistration status:	YS Everyday Olympic Ex	operience. Number of children	
•	stration form to NYS E			
	gistration form to (518	. , ,		
■ Mail to:	•	•		

Registration deadline: Friday, July 13, 2012



WellNYS Everyday Olympic Experience Tracking Form

_	ress:			
y:		State:	Zip:	
ency:		Facility:		
nail address:				
	t you completed the healthy behavior be		loes not need to be in any specific order	
_	form to one of the following by August	24.		
	nformation to wellnys@eap.ny.gov			
_	istration form to (518) 486-9796	NV 12210		
C. Mail to NY.	5 EAP, 55 Elk Street, Suite 301-A, Albany	, NY 12210		
Date	Healthy Behaviors			
	Weigh yourself and write it down			
	3 3			
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	· '			
	,	-		
	,			
		nglasses		
	 Make water your beverage of choice today Floss your teeth twice today 			
		,		
	Start a new habit and end a ba	d habit		
sing Ceremony	r: Sunday, August 12 — Final Day			
	of the healthy behaviors you engaged in	over the past 16 days then des	scribe your experience.	
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aluation				
ank you for par	ticipating in the WellNYS Everyday Olyı	mpic Experience. Please answe	r the following questions.	
1. How many	days did you participate?			
2. Are there	any new behaviors you completed that v	will be added to your lifestyle?	☐ Yes ☐ No	
If yes, whi	ch behaviors?			
3. What was	your favorite sport to watch during the	2012 Summer Olympics?		
/ Da ha	ve a success story that you are willing to	s share?	No If yes, add on separate paper	
4. Do you na	ve a success story that you are withing to	o silate: tes	11 yes, add on separate paper	