

Eat Better Challenge

What: An **INDIVIDUAL** nutrition challenge using [Daily Endorphin](#) to track progress.

Who: All employees are invited to participate

When: Begins **February 7** and ends **March 7**

Deadline to sign up: 2/11/2022

Why: Fun, motivation, and a chance to win prizes!

How to sign up:

1. Use the following link (copy & paste into a web browser):
<https://www.dailyendorphin.com/de/signup/join/group/2610/c434a3>
2. Either “Create an account” or sign in with existing Daily Endorphin information.

For more information regarding Daily Endorphin: http://www.dailyendorphin.com/user_faq/

The goal is to minimize processed foods and incorporate more whole, real foods into your daily food intake.

Things to note:

- Each week you’ll receive an email with a mini-goal, tips and recipes to try.
- You will log your accomplishments in Daily Endorphin to accumulate points.
- The “honor system” is in place with this challenge.
- Person(s) with most points win grand prizes!
- Random prize drawings will occur weekly and be awarded to those logging points

Questions? Contact Wellness Coordinator, Angel Hohenstein, at 218-348-9428 or email ahohenstein@duluthmn.gov

