



Get Healthy. Win Prizes.

Challenge: Build Strength with Planks

Registration Opens:
July 18

Challenge Begins:
August 1

Challenge Ends:
August 31

Do you feel like your core could use some strengthening?

Take the time this month to develop and strengthen your core muscles. Planking not only builds strength, but also helps with balance and posture. Spend at least 30 seconds a day doing a plank exercise and build your time throughout the month. Track 15 of the next 31 days to be entered into a drawing to win a \$100 gift card! **Registration ends August 8, 2023.**

Prizes: \$100 gift cards to 5 winners*

Who is eligible?

All HAP Members

How to participate?

1. Go to **hap.org** and log in.
2. Click on the *My Health and Wellness* tab.
3. Click on *iStrive for better health*.
4. Enroll in the *Build Strength with Planks* on the iStrive home page
5. Log your progress throughout the challenge.

*Prize information

All participants that meet the minimum participation requirements will be entered into the prize drawing. HAP, Henry Ford Health System and OptimEyes employees and family members covered by HAP insurance, and non-members participating in employer sponsored programs are not eligible for the prize drawing.

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