



# 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. Not only does this exercise build strength but it also helps with balance and posture. Spend at least 30 seconds a day planking and build up 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 9.**

**Prize drawing: \$100/person,**  
**5 winners\***



Track at least **15 of the next 31 days** to be entered into a drawing to win a **\$100 gift card**.

### Who is eligible?

All HAP members.

### HAP Members

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 Challenge* 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 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.

HAP and its subsidiaries do not discriminate on the basis of race, color, national origin, disability, age, sex, gender identity, sexual orientation or health status in the administration of the plan, including enrollment and benefit determinations.