Strive for Five is a free, five-week wellness program designed for UA faculty and staff. Individuals or teams of two or more can improve their health with challenges that encourage you to:

1. EAT
2. DRINK
3. THINK
4. MOVE
5. LOSE

NEW FOR 2015!

Three Steps to a Healthier You in 2015:

1. Register online http://wellness.ua.edu by February 6.
2. Pick 2 or more challenges to complete.
3. Start your tracking online (required) on February 9 via computer or any mobile device.

Strive for Five is a WellBAMA Rewards Qualifying Program.

Individual registration is required:
http://wellness.ua.edu

KICK OFF EVENT
FEBRUARY 6, 2015
11:00 AM - 2:00 PM
205 GORGAS LIBRARY
Q: What is Strive for Five?
A: A free, five week wellness program specially designed for faculty & staff.

Q: What can the Strive for Five program help me achieve?
A: The Strive for Five program can help you set health goals, track your progress towards these goals, and provide accountability so you can achieve them.

Q: How does the program work?
A: This program is completely online. You will register and track your progress at wellness.ua.edu. You will also receive weekly emails full of useful information, tips, recipes, and advice.

Q: Is Strive for Five a qualifying WellBAMA program?
A: Yes!

Q: How many of the goals should I choose?
A: Each individual should pick a minimum of 2 goals (but you may choose up to 5 goals if you would like).

Q: Do I have to choose the same goals at my teammates?
A: No, you will choose and track goals individually, but continue to support each other’s goals.

Q: Where do I go to register and where do I go to track my progress?
A: Registration and tracking are conveniently located online. They are accessible through wellness.ua.edu.

Q: Do I have to register myself or can my captain add me on his/her team?
A: Each individual participating in the program must register themselves and complete their own online tracking.

Q: How often do I have to track my progress?
A: The online wellness portal must be used to track daily progress in the program. This tracking will be available during the current week only.

Q: Can I enter my progress online at the end of the 5 weeks?
A: No, the online tracking will be closed for previous weeks. You must track your progress during the current week.

Q: What is the team captain’s role?
A: A team captain’s role is to motivate the members of their team; that’s it!

Q: Can a captain enter their teammates’ progress?
A: No, each individual must track their own progress.

Q: Can I track my progress on a paper copy?
A: This is an online program designed to be easy to access via any computer or smart phone. If you need special assistance with tracking, please contact the office.