

Dear WDPSD Employee,

Congratulations! Our company has been selected to participate in the Wisconsin state-wide pilot of WELCOA's Top 100 Active Companies. Mr. Zegers has challenged all of us to get on the move and represent the West De Pere School District and the state of Wisconsin for this nationally recognized competition. More than that, this is an opportunity to move more throughout the day, feel happier, and have more energy. Being at school is about get more active and more fun! Let's get started!

**Here is what we you need do in the next week:**

Follow this link to set-up your profile: <https://top100.welcoa.org/register/wdpsd100>. It will take 10 minutes or less to set up your profile. Once registered you will use this link to access your dashboard. <https://top100.welcoa.org>

**Here is what you need to know:**

- All WDPSD employees are encouraged to participate
- The challenge officially begins on April 6<sup>th</sup>
- Each week you will be given unique opportunities to move at least 10 minutes a day, learn about the benefits of moving more, assess your progress, and encourage your coworkers.
- Every action that you complete will earn points for WEA Trust and get us one step closer to being one of the Top 100 most active companies in Wisconsin!
- Whether you are currently very active, not active at all, or somewhere in between, we hope you take advantage of this opportunity and help us become one of the healthiest companies in Wisconsin.

Let's get on the move!

The WDPSD Wellness Committee

primary contact for this event is--

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