



Penguin Points Instructions

The Healthy Penguin Nation initiative introduces its 2008 kick-off program – Penguin Points

Penguin Points is Clark College's incentive-based program to live well. All employees and students at Clark are invited to earn Penguin Points that they may exchange for a chance to win prizes (including a \$100 Clark College Bookstore gift card) in addition to the priceless reward of living healthy.

Program Rules



To earn one Penguin Point, you must do something healthy. You can earn a maximum of one point per day, but every point must symbolize a different healthy action.

There are a variety of things you can do. A list of suggestions is provided (see right). You can do the things on the list or you can be creative and do something different, as long as it advances your health. When you earn a point, write it on a Penguin Points card. Once your card is full (each card holds ten points) then start another card. Each time you complete an official Penguin Points card, it will list ten different healthy entries. Strive to reach the limit – five cards – before the prize drawing on May 14, 2008. Every Penguin Points card you submit equals a chance to win. Submit each completed card to Health Services (HSC 124) – it will be entered into a drawing for a \$100 Clark College Bookstore gift card plus other prizes.

To Join

Keep track of ways you earn your Penguin Points on the official Penguin Points card. If you need an additional card, call Health Services at x2264.

Bonus

A Healthy Penguin Nation water bottle voucher will be awarded to the first 100 participants who submit two complete Penguin Points cards. Water bottle vouchers are redeemable at the Clark College Bookstore while supplies last.

If 5000 members of the Penguin Nation complete at least one Penguin Points card, President Knight will color his hair Clark College blue at the Community Health Fair on May 14.

Suggestions for How to Earn Penguin Points in Each Dimension of Wellness

Physical

- Eat a healthy meal (including mostly whole grains, lean-protein foods, fruits and vegetables. If on campus, look for the HPN penguin symbol.)
- Move for 30+ minutes (walk, dance, swim, etc.) or record your pedometer step number
- Complete a health screening (blood pressure, cholesterol, health risk assessment, etc.)
- Not smoking or smoking less than yesterday

Emotional

- Write in a journal
- Problem solve with a friend or counselor
- Have a hearty laugh

Social

- Attend an ASCC club function
- Spend quality time with a friend or family member
- Attend a community event or volunteer in the community

Spiritual

- Practice meditation, breathing techniques, yoga or prayer
- Have a massage
- Play a musical instrument

Intellectual

- Learn something new (knitting, language, ballroom dance)
- Read a book or study
- Attend a cultural ceremony or event

Environmental

- Recycle or reuse a water bottle
- Carpool or use public transportation
- Garden

For more information, contact Veronica Brock, x2820, vbrock@clark.edu, or Mary Deal, x2110, mdeal@clark.edu