Well YES! Mini-Measure

What in the world is a mini-measure?

Mini-measure is the period between measurement periods specifically December 12, 2017 – January 8, 2018. During this period of time, there are specific activities you can do to earn hours to get a head start on the Spring 18 measurement period.

How many hours can I earn?

You may earn up to a maximum of 15 hours during the mini-measure. This can be a combination of the following items below with maximums as follows:

Fitbit – Up to 12 hours
Christmas Hold 'Em – 2 Hours
Gym Time with pre-approved workout from TJ – Up to 8 Hours
Class Time from Partner Location – Up to 15 Hours
Move It! – Up to 4 Hours
Bowling Hawks – Up to 6 Hours
Story Time – Up to 2 Hours
HS Hiking – 2 Hours

More details on the Well Yes website: np.edu/wellyes

Or

NPC Well Yes! Facebook group

TELL ME MORE!!!!!!!

Fitbit Users Wearing a Fitbit can earn you up to 3 active hours per week. 6,000 average steps per day equal one active hour and 10,000 average steps per day will equal two per week, and 15,000 equals three. You must be a part of the NPC Fitbit group and your hours will be recorded automatically. Please sign up for the class on the Well Yes page. If you own your own Fitbit, let us know and we will enroll you free of charge.

Christmas Hold 'Em – Enrollees in the Christmas Hold 'Em Weight program will receive two hours of activity credit for the mini measure.

Partner Locations – We have secured some super cool deals with local gyms. Free memberships over the holidays to all of the following for you and your family! You may log up to 8 hours of gym workout time with enrollment in the personal training class. Fall users may use their current plan for the holidays. Don't have a plan? Enroll in TJ's class on the Well Yes page and she will meet with you and get you all fixed up! You may also log all your hours in class time if you prefer. Take this time to explore a new place and some new classes!

First Baptist Church Fitness-gym/classes
The Yoga Place-classes
YMCA-free for NPC employee-$5 for guests-classes/gym
Jazzercise-classes
Anytime Fitness-gym

Move It! – Meet on Tuesdays (19, 26) at Baseball Park (Formerly Whittington City Park) over the break to walk or run in preparation for the upcoming Van Davis 5k or just to stay in shape. Thursdays, (21, 28) let's meet at transportation depot to take a walk/run through downtown. 10am

Bowling Hawks! –How about a little friendly bowling competition? Join us for half-price Wednesday (1.99/game) at 4 pm on December 20, 27, and/or January 3 and get a little practice in over the holiday.

Story Time – The group will select a new book on Thursday, December 7th just for the holiday! They will meet on Thursday, January 4 for discussion. For more information, join the Story Time group on Facebook or contact Kristin Quintanilla in the library.

Hot Springs Hiking – Join the group for the first Saturday hike on January 6 at 10 am. For more information, join the Hot Springs Hiking group on Facebook or check your email during the holidays for location information.