amplify
turn up your power

Choose Your Challenge!

Pick one activity below to participate in during the month of September and earn 100 Vitality Points when you submit the needed criteria by the submission deadline. Insured-spouses are encouraged to participate too! Only one point-earning submission is allowed per participant each month.

Positive Affirmation Challenge

The things we tell ourselves everyday influence how we act upon our goals and impact the vision we have for our lives. If those thoughts are negative, we start to believe that we are less than capable of achieving a fulfilling life. But what if we could change those thoughts and choose to focus on those things that steer us towards our ultimate best self?

This month, we encourage you to challenge your mindset. Choose one area of your life where you would like to see improvement, sit down and write out a POSITIVE AFFIRMATION that counteracts the self-talk you've had up to this point. The affirmation should be an "I" statement written in the present tense. Avoid using negative words like "can't and don't". Example: I am the wise authority of my life. Then each day, write the affirmation 25 times and follow up by saying it out loud in front of the mirror ten times while standing in a strong, confident position.

At the end of the month, email us your challenge tracker along with a brief statement of how this activity has influenced your overall mindset (optional: you may include your affirmation statement). Insured-spouses are encouraged to participate too!

Submittal guidelines:

Deadline to submit: September 30, 2019
How to submit: To earn Vitality Points, submit your completed challenge tracker to your Vitality account either online (Your Account> Forms and Waivers> Amplify Offerings) or using the Vitality Today app (Submit Activity> Amplify Offerings).

Hydrate for Health Challenge

Water: How much should you drink every day? Actually, there are many factors that contribute to the amount of water you should drink including sex, health, activity levels, and where you live. Water is your body's principal chemical component and makes up about 60% of your body weight. Your body needs water to survive, and every cell, tissue and organ in your body needs water to work properly. It also helps your body flush wastes, regulates body temperature and helps prevent constipation and digestive issues. You lose water throughout the day-through your breath, sweat, urine, and bowel movements. If you live in a hot climate, you lose even more fluid.

It's important to replace these lost fluids to stay healthy and avoid dehydration. Even mild dehydration can drain you of your energy and make you tired. So, how much should you drink every day? A common recommendation is to drink half of your body weight in ounces. Example: A person weighs 180 pounds. To calculate, divide 180 by 2. The answer is to drink 90-ounces of water each day, which is roughly eleven 8-ounce glasses of water.

This month, we encourage you to increase your daily water intake. To participate, use the challenge tracker to calculate how many ounces you should drink each day. Then track your intake during the challenge period. At the end of the month, email us your tracking sheet along with a brief statement of how you felt after completing this challenge.

Positive Affirmation Tracker

My positive affirmation is (optional to share):

_____.

Tracker rules

Each day, write your positive affirmation 25 times on a piece of paper, then follow up by saying it out loud in front of a mirror ten times while standing in a strong, confident position. Place your initials in each box to confirm that you have completed this activity on that day. At least 2 weeks of your tracker (14 days) must be initialed to earn Vitality Points.

Tracker

	SUN	MON	TUES	WED	THURS	FRI	SAT
Week of 9/1	_____	_____	_____	_____	_____	_____	_____
Week of 9/8	_____	_____	_____	_____	_____	_____	_____
Week of 9/15	_____	_____	_____	_____	_____	_____	_____
Week of 9/22	_____	_____	_____	_____	_____	_____	_____

Submission guidelines

Deadline to submit: September 30, 2019
To earn Vitality Points, submit your completed challenge tracker or pledge to your Vitality account either online (Your Account> Forms and Waivers> Amplify Offerings) or using the Vitality Today app (Submit Activity> Amplify Offerings).

Contract

I, _____ (name) acknowledge that this challenge operates on the honor system and all information provided is accurate.

Signature _____ Date_____

Are you an employee or insured-spouse? _____ Employee ID:_____

Questions? Contact the AmTrust Employee Center (AEC) at aec@amtrustgroup.com.

Hydrate for Health Tracker

Determine your hydration needs

First, calculate your body weight in pounds. Then, divide by two. This will provide you with the number of ounces of water you should drink each day. Next, divide the number of ounces by eight to determine the number of glasses this equates to. For example: A 200-pound man should drink 100 ounces of water each day, or roughly 12.5 glasses of water each day.

The number of ounces I need each day is _____. This equates to_____ glasses of water each day.

Tracker rules

Each day, simply check off each glass of water you drink in the daily table below. Each box represents one 8-ounce glass of water. Your goal is to achieve your daily intake goal each day. To earn your Vitality Points, you must meet your daily hydration need for four out of seven days each week during the month of March.

Tracker

	SUN	MON	TUES	WED	THURS	FRI	SAT
Week of 9/1	☐	☐	☐	☐	☐	☐	☐
Week of 9/8	☐	☐	☐	☐	☐	☐	☐
Week of 9/15	☐	☐	☐	☐	☐	☐	☐
Week of 9/22	☐	☐	☐	☐	☐	☐	☐

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I,_____(name), acknowledge that this challenge operates on the honor system and all information provided is accurate.

Signature _____ Date_____

Are you an employee or insured-spouse? _____ Employee ID:_____