



Choose Your Challenge!

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

28-Day Core Challenge

Have you ever experienced lower back pain after prolonged sitting? It's likely caused by two key factors: tight muscles in your hips and a weak core that isn't properly supporting good posture. One of the immediate fixes you can implement at work is to use a chair that has good back support and be mindful of your posture while sitting. Outside of work, adding core exercises to your fitness routine can help reduce your risk of future lower back pain episodes.

Maintaining a strong core is an important part of a well-rounded fitness routine. Your core muscles—the muscles around your trunk and pelvis—make it easier to complete everyday activities. Core exercises train the muscles in your pelvis, lower back, hips and abdomen to work in harmony. This harmony leads to better balance and stability, whether on the playing field or in daily activities.

The good news is: Core exercises don't require specialized equipment or a gym membership. Any exercise that involves the use of your abdominal and back muscles in coordinated fashion counts as a core exercise. For example: holding a plank or bridge pose for 30-seconds. Although it takes aerobic activity to burn abdominal fat (think incline walking, jogging or spinning), core exercises can strengthen and tone the underlying muscles to give you the support you need to practice good posture and reduce unwanted stress on your lower back.

This month, we encourage you to try the 28-day Core Challenge. Although we hope you participate for the full month, to earn points, you are only required to track your core exercises on your challenge tracker for 20 out of 28 days. We've provided a calendar that you are welcome to follow or you can come up with your own list of exercises. To earn 100 Vitality Points, simply submit your completed challenge tracker to your Vitality account either online or via the Vitality Today mobile app by June 28, 2019 to qualify.

Submittal guidelines:

Deadline to submit for Vitality Points: June 28, 2019

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).

Eat More Veg Challenge

Summer is a great time to take advantage of fresh local produce from farmers markets in your area. With the added heat and humidity, it's also a time when we tend to crave foods that are cooler and more hydrating.

Eating a well-balanced diet—one that includes a variety of fruits and vegetables—is often a challenge. Vegetables and fruits are an important part of a healthy diet, and variety is as important as quantity. No single fruit or vegetable provides all of the nutrients you need to be healthy. Therefore, it's important to eat plenty every day.

Diets rich in vegetables and fruits can lower blood pressure, reduce the risk of heart disease and stroke, prevent some types of cancer, lower risk of eye and digestive problems, and have a positive effect upon blood sugar, which can help keep appetite in check. Eating non-starchy vegetables and fruits like apples, pears, and green leafy vegetables may even promote weight loss. Their lower glycemic loads prevent blood sugar spikes that can increase hunger.

At least nine different families of fruits and vegetables exist, each with potentially hundreds of different plant compounds that are beneficial to health. Eating a variety of types and colors gives your body the mix of nutrients it needs. This not only ensures a greater diversity of beneficial plant chemicals, but also creates eye-appealing meals.

This month, we invite you to challenge yourself to add more variety to your diet during the month of June. Although we hope you participate for the full month, to earn points, you are only required to track your veggie intake for 20 out of 28 days. To earn 100 Vitality Points, submit your completed challenge tracker to your Vitality account either online or via the Vitality Today mobile app by June 28, 2019 to qualify.

To access your Vitality account visit: www.powerofvitality.com or use the Vitality Today app.

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



28-Day Core Challenge Tracker



How it works

Your goal is to complete core exercises during the month of June. Although we hope you participate for the full month, to earn points, you are only required to track your core exercises on your challenge tracker for 20 out of 28 days. We've provided a calendar of suggestions that you are welcome to follow each day or you can come up with your own! Just be sure to write down the name of the core exercise you completed in the grid below.

Tracker

	SUN	MON	TUES	WED	THURS	FRI	SAT
Week of 6/2							
Week of 6/9							
Week of 6/16							
Week of 6/23							

Submittal guidelines:

To earn 100 Vitality Points, submit your challenge tracker to your Vitality account either [online](#) (Your Account> Forms and Waivers> Amplify Offerings) or via the Vitality Today mobile app (Submit Activity> Amplify Offerings) **by June 28, 2019.**

Contract

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

Signature: _____ Date: _____

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

**Insured-spouses should provide the employee's ID number.*

Eat More Veg Challenge Tracker



How it works

Your goal is to add more variety of vegetables to your diet during the month of June. Although we hope you participate for the full month, to earn points, you are only required to track your veggie intake for 20 out of 28 days. We've provided a link to the [EatWell.com website](http://EatWell.com) with recommendations on veggie variety, as well as, recipes. You are also welcome to deviate from this website and create your own calendar. Just be sure to write the name of the veggie you ate in the grid below.

Tracker

	SUN	MON	TUES	WED	THURS	FRI	SAT
Week of 6/2							
Week of 6/9							
Week of 6/16							
Week of 6/23							

Submittal guidelines:

To earn 100 Vitality Points, submit your challenge tracker to your Vitality account either [online](#) (Your Account> Forms and Waivers> Amplify Offerings) or via the Vitality Today mobile app (Submit Activity> Amplify Offerings) **by June 28, 2019.**

Contract

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

Signature: _____ Date: _____

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

**Insured-spouses should provide the employee's ID number.*

30-DAY ABS CHALLENGE

ATTENTION!

CONSULT YOUR TRAINER BEFORE STARTING THIS CHALLENGE
STOP DOING IT ONCE YOU FEEL YOU'RE GOING TO HURT YOUR BODY

01

15 X SIT-UPS
5 X CRUNCHES
5 X LEG RAISES
10 S PLANKS

02

20 X SIT-UPS
8 X CRUNCHES
8 X LEG RAISES
12 S PLANKS

03

25 X SIT-UPS
10 X CRUNCHES
10 X LEG RAISES
15 S PLANKS

04

REST DAY

05

30 X SIT-UPS
12 X CRUNCHES
12 X LEG RAISES
20 S PLANKS

06

35 X SIT-UPS
15 X CRUNCHES
15 X LEG RAISES
25 S PLANKS

07

40 X SIT-UPS
20 X CRUNCHES
20 X LEG RAISES
30 S PLANKS

08

REST DAY

09

45 X SIT-UPS
30 X CRUNCHES
25 X LEG RAISES
35 S PLANKS

10

50 X SIT-UPS
50 X CRUNCHES
30 X LEG RAISES
38 S PLANKS

11

55 X SIT-UPS
65 X CRUNCHES
33 X LEG RAISES
42 S PLANKS

12

REST DAY

13

60 X SIT-UPS
75 X CRUNCHES
40 X LEG RAISES
50 S PLANKS

14

65 X SIT-UPS
85 X CRUNCHES
42 X LEG RAISES
55 S PLANKS

15

70 X SIT-UPS
90 X CRUNCHES
43 X LEG RAISES
60 S PLANKS

16

REST DAY

17

75 X SIT-UPS
100 X CRUNCHES
45 X LEG RAISES
65 S PLANKS

18

80 X SIT-UPS
110 X CRUNCHES
48 X LEG RAISES
70 S PLANKS

19

85 X SIT-UPS
120 X CRUNCHES
50 X LEG RAISES
75 S PLANKS

20

REST DAY

21

90 X SIT-UPS
130 X CRUNCHES
52 X LEG RAISES
80 S PLANKS

22

95 X SIT-UPS
140 X CRUNCHES
55 X LEG RAISES
85 S PLANKS

23

100 X SIT-UPS
150 X CRUNCHES
58 X LEG RAISES
90 S PLANKS

24

REST DAY

25

105 X SIT-UPS
160 X CRUNCHES
60 X LEG RAISES
95 S PLANKS

26

110 X SIT-UPS
170 X CRUNCHES
62 X LEG RAISES
100 S PLANKS

27

115 X SIT-UPS
180 X CRUNCHES
62 X LEG RAISES
110 S PLANKS

28

REST DAY

29

120 X SIT-UPS
190 X CRUNCHES
62 X LEG RAISES
115 S PLANKS

30

125 X SIT-UPS
200 X CRUNCHES
65 X LEG RAISES
120 S PLANKS

X = TIMES
S = SECONDS

SIT-UP



CRUNCH



LEG RAISE



PLANK

