

MNPS Staff Photo Challenge

Celebrate MNPS Wellness Week by taking the MNPS Staff Wellness Week Photo Challenge! Complete entries will be entered to win cool prizes.

1 Take a photo of yourself participating in each daily challenge during Wellness Week (May 6-10):

Move It Monday

Show us how you move. Take a photo of you participating in your favorite fitness activity (walking, fitness class, home exercise, etc.)

Treat Yo' Self Tuesday

Show us how you take time for yourself. Click a pic of you reading, journaling, hiking, listening to music, or whatever you do to relax.

Water Wednesday

Show us how you stay hydrated – the more creative the better. Do you use a hydration station to save water bottles? Or spice up your water with fruit?

Thankful Thursday

Show us how you give thanks. Perform a random act of kindness or write a thank you note to someone you appreciate. And capture it in a picture.

Foodie Friday

Show us how you make healthy food choices. Snap a shot of you preparing a meal, packing a healthy lunch, etc.

2 Submit all five photos to SchoolHealth@mnps.org by 11:59 p.m., Monday, May 13.* All 5 photos must be attached to one email.

Each participant who submits all 5 themed photos by the deadline will be entered into a random drawing to win a prize! Prizes include a Fitbit, "gym kits" (gym bag, exercise bands, water bottle), healthy gift cards, and water bottles that help you track your water intake.

3 For extra fun, share your photos on social media using #MNPSWellnessWeek2019.

** The Wellness Week Photo Challenge is open to all active MNPS employees. Winners will be randomly selected from complete entries. Incomplete entries and photos submitted after the deadline will not be included in the drawings. Submitted photos may be used on social media to promote Wellness Week.*



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