



Family Activity Challenge

- **WHY**

J&J insures families, not just employees

Rise of childhood obesity with increases in diabetes and high cholesterol affects health cost

Employees healthier at work than at home

- **Goal**

Mimic our Success with Employees and Extend to Family

- **Components**

- ✓ Toolkit off Internal Website
- ✓ Family Mission to achieve healthy eating and activity goals
- ✓ Family Contract
- ✓ Monthly Newsletters with Family Tips
- ✓ Have monthly goals with rewards
- ✓ Support from Wellness Professional

