



A NUTRITIONAL SLAM DUNK

TEAM UP *for Healthy Eating*



Your wellness program will score big with this team-based healthy eating campaign. **5 on 5** takes advantage of tournament basketball excitement, inspiring participants to step to the line and dramatically improve eating habits. Here's how it works...

- 5 players to a team
- Teams score points (1, 2, 3) by players making healthy food choices daily
- Teams compete against each other 1 to 1 in a game, then move on to compete against another team and so on
- The tournament can last 6, 8, or 12 weeks, depending on your organization's needs.

Sample Shots...

Activity	Points
Healthy breakfast	3
3 or more vegetable servings	3
3 or more whole grain servings	3
2 or more fruit servings	2
No late-night snacking	2
No excess/late-day caffeine	1

Shoot for Wellness Program Success

Wellness managers have long struggled to engage men in healthy eating programs. Now **5 on 5** does it for you (so you attract both women *and* men) with fun scoring, friendly competition, and team camaraderie. This may be your most popular — and effective — nutrition program ever.

For a no-obligation demo, go to www.5on5.com today!



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