Challenge Rules Overview

- Registration for the challenge opens on Tuesday, December 6, 2016, at renewedyou.usli.com and will close on Friday, January 6, 2017, at 5 p.m. EST
- For administrative purposes, no late registrants can be accepted
- The challenge will begin on Monday, January 9 and run for 14 weeks
- Participants will register as a team of one or more
- Teams can have unlimited number of participants
- When registering, select if you want to register as an individual or team. If you select ‘Team’, one person must create the team name FIRST by filling in the new team name field. All other team registrants can select the team name from the drop down box.

What Do I Need to Participate?

- Participants must have at least one pair of dumbbells for the resistance training exercises; it is best to have one set of light dumbbells and one set of heavier
- It is also suggested that you have a yoga mat
- You will need comfortable workout clothing and sneakers as well

How to Earn Participation Credit to be Considered for the Grand Prize

- Each week, participants will be given a weekly challenge that includes six tasks:
  - CARDIO
  - REST/RECOVERY
  - STRENGTH
  - WELLNESS
  - FLEXIBILITY/YOGA
  - NUTRITION
- Each week, all individuals will report which tasks were completed for participation credits
- Each individual will input their participation credits and have access to view their team’s progress
- View and track your individual progress by printing our challenge map
- Each individual must submit their completed tasks from Monday to Sunday on renewedyou.usli.com every Monday by 5 p.m. EST. For Monday holidays, Tuesday will be the reporting day by 5 p.m. EST.

Rules and Details for the Grand Prize

- Only customers and USLI employees can be entered into the drawing (family members or friends are not eligible to win the prize). Customers have a chance at winning one $2,000 vacation voucher; USLI employees have a chance at winning one $2,000 vacation voucher.
- Completing the challenge awards you an entry to the drawing
- In order to qualify for the prize, you must complete the Renewed You Challenge in its entirety. This means task completion must be submitted each Monday by 5 p.m. EST on USLI’s Renewed You portal.
- In the event a holiday falls on a Monday, Tuesday will be the reporting day. We offer a 24-hour grace period in the event you are sick or out of the office on a Monday. In this case, you must submit your task completion by 5 p.m. EST that Tuesday to still be eligible for the grand prize.
- Only those who maintain employment at USLI or at an appointed USLI customer throughout the duration of the Renewed You Challenge, the time leading up to when the voucher is used (if you are selected) as well as during the duration of the actual trip are eligible. If your employment is terminated or you leave voluntarily, you will forfeit your eligibility for the prize.
- This prize is nontransferable

For specific questions, please e-mail us at wellness@usli.com. Good luck in your journey to improved health and fitness!