



## *Get More Power and Performance When You Tune-Up your Engine for the Navistar® Spring Tune-Up*



Nothing says performance, power and fun like taking care of your health and getting ready to race into summer.

Prep and fuel your body's engine for the Navistar Spring Tune-Up, a 6-week nutrition-based program. You'll get proven stamina and power when you need it from a Spring Tune-Up, and win a prize simply by earning laps for healthy eating, practicing eco friendly behaviors, and physical activity based on step tracking via a pedometer.

After eating healthy and engaging in physical activity for six weeks, not only will you be tuned-up and feel terrific, you will receive a great prize when you have completed 2000 laps or more.

**Begins: Monday, April 6**

**Ends: Sunday, May 17**

**Who can join? All Employees**

**Register online at:**

<https://evaluate.internationaldelivers.com/intranet/VitalLives/stu>

Source: Navistar, Warrenville, IL.

**Here's how to earn laps...**

### **Nutrition Intake, Nutrition Behavior, and Green**

**Living Laps** - Employees customize their own program and can earn up to ten (10) laps per day for meeting goals in each of the following three categories:

1. Nutrition Intake Goals (choose two)
2. Nutrition Behavior Goals (choose two)
3. Green Living Goals (choose two)

A detailed description of these goals can be found in the Goal Setting Guidelines handout.

**Physical Activity Laps** - Earn twenty (20) laps for daily physical activity based on step tracking via a pedometer. Physical activities from running, strength training and golf to such everyday activities as housework and gardening can be converted to steps using a conversion table.

**Earn Bonus Laps** - Participants can earn 300 laps for participating in Spring Tune-Up with a buddy. 100 laps can be earned for completing the Post Survey. Participants who complete the Online Defensive Driving Course within the past 12 months can also earn 250 bonus laps. You can earn 50 laps for utilizing "Ask-the-Nutritionist".

**For more information, contact your  
local Vital Lives Team**