



# Energize Your Life

School District 19 and the Revelstoke Teachers' Association want to incentivize physical activity in your life because of its mental and physical benefits. Use this form to participate.

All **School District 19** employees and their spouses can participate in this healthy lifestyle incentive plan. Follow this link to participate in the new [Energize Your Life Program](#).

The above link will ask you to complete and submit a short Microsoft Form. The first part of the form is making a plan in December. After submitting your form in December please click **Save my response to edit**.

**Save my response to edit**

If you go into the **Forms App** in Microsoft 365 you will see your submitted/saved form.

**December 22, 2023** is the deadline to participate in the new program.

In May I will send out a reminder to add your reflection to your saved form.

Get up, get out, and let's all start moving. Staying active is important for everyone's mental and physical health. Let's stay active and keep moving.