Name:_____

1. **Physical Preparation** - **(Complete 20 days)**

1	2	3	4	5	6	7	8	9	10
11	12	13	14	15	16	17	18	19	20

2. **Resilience Preparation** - **(Complete 40 days)**

1	2	3	4	5	6	7	8	9	10
11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28	29	30
31	32	33	34	35	36	37	38	39	40

1. **Nutrition** – **(Consume 150 servings)**

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30
31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49	50	51	52	53	54	55	56	57	58	59	60
61	62	63	64	65	66	67	68	69	70	71	72	73	74	75	76	77	78	79	80	81	82	83	84	85	86	87	88	89	90
91	92	93	94	95	96	97	98	99	100	101	102	103	104	105	106	107	108	109	110	111	112	113	114	115	116	117	118	119	120
121	122	123	124	125	126	127	128	129	130	131	132	133	134	135	136	137	138	139	140	141	142	143	144	145	146	147	148	149	150

3. **Hydration** – **(Complete 40 days)**

1	2	3	4	5	6	7	8	9	10
11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28	29	30
31	32	33	34	35	36	37	38	39	40

Outage Health Plan

Want to feel better and have more energy? Working the upcoming outage and want to have fewer aches, pains, and recover faster? Then join the Outage Health Plan.
Open to all employees and spouses.

The program begins January 15, 2017, and there is no deadline to finish. Work at your own pace. Everyone who completes the program will be entered in the next quarterly drawing regardless of when you turn in your paper work. Whe

The program consists of 4 parts:

1. **Physical Preparation** – Participate in strength training. Employees should engage in exercises specific to outage work. For example, pushing, pulling, overhead, or work position specific to what you do during the outage (lying down, overhead work, kneeling, squatting, etc.) Use weights, cables, pulleys, bands, your own body weight, etc., for resistance. (Complete 20 days)
2. **Resilience Preparation** – Perform muscular endurance type exercise (walking, jogging, upper cycle for overhead and repetitive work, etc.). This can also partially include stretching. (Complete 40 days)
3. **Nutrition** – To have your body meet the demands of the outage, it must also have the vitamins and minerals to allow it to function properly. (Consume 150 servings of fruits and vegetables). A serving is a medium whole fruit or one cup raw or 1/2 cup cooked.
4. **Hydration** – This is easy. Mark each day you are hydrated during the work day. It is simple, no tracking or counting. (Complete 40 days)

Already fit? You may substitute a passing fitness test in the "fit" category for #1 and #2. Simply schedule your annual IPSC Staywell Fitness Assessment with Brian Coles.