



# March Madness

Join the IPSC March Madness Wellness Initiative. Open to employees and spouses.

- ✓ Print a 2024 men's or women's NCAA basketball tournament bracket.
- ✓ Make your selections for the tournament and turn in the bracket before the first game. (Scan, copy, or take a picture of the bracket and email it to [brian.coles@ipsc.com](mailto:brian.coles@ipsc.com), or place in the basket outside Brian's office before the first game is played.)
- ✓ Selection Sunday is March 17. The first games are played March 19, so have your bracket ready to go.
- ✓ Pick and complete **2 wellness activities for that round** (can be done on different days if needed).
- ✓ You must complete **2 of each color over the course of the tournament** to be eligible.
- ✓ You will receive a gift card for entering and completing the wellness activities.
- ✓ The individual/s with the most correct NCAA, men's or women's, picks will either win the grand prize or have his/her name entered in a drawing for multiple winners. (Multiple levels of gift card drawings will be awarded to multiple participants).
- ✓ Complete ALL activities and turn in by April 15, 2024

Name: \_\_\_\_\_ (Cross off the activities you completed that round)

First 4 Men's Mar. 19 Women's Mar. 20-21	First Round Men's Mar. 21-22 Women's Mar. 22- 23	Second Round Mar. 23-24 Women's Mar. 24-25	Sweet 16: Men's March 28-29 Women's Mar. 29-30	Elite Eight: Men's Mar. 30-31 Women's Mar. 31- Apr. 1	Final Four: Women's April 5 Men's April 6	NCAA championship game: Women's April 7 Men's April 8
Go to a movie Turn off your cell phone before entering. Talk and visit before the movie starts.	Take a walk with a co-corker	Start a new hobby without using your phone.	Visit family and place all cell phones in box or other room for 2 hours	Set a new health goal and plan how to accomplish it	Lift Weights 2 times	Avoid social media for one full day. Turn off notifications.
Eat 10 servings of Fruits and vegetables	Turn off the cell phone and have a conversation	Review Family expenses and make necessary adjustments	Freebie If you donated blood in the IPSC blood drive	Watch a lunch time wellness class (spouses may watch a healthy podcast)	Avoid Junk food for 3 days	Do service for someone
Stretch 15 minutes	Log into 401k and research individual fund performance and evaluate allocations	Do not use an electronic device during meals for 3 days	Take a walk with a family member or friend	Play a game together with the cell phones turned off	Do family activity (cards, games, miniature golf, etc.)	Exercise 90 min. (can split over multiple sessions).
Go out with spouse/friend	Eat vegetarian for lunch or dinner today	Challenge friends and family to join in this type of program	Avoid pop today drink water instead.	Take a hike or a walk	FREE Choose your own activity without an electronic device	Declutter for 3 hours