RENEWED YOU
WELLNESS CHALLENGE

PRESENTED BY USLI AND SLAINTE FITNESS

Terms and Conditions and Frequently Asked Questions

What Can I Expect?

You will receive articles, resources and motivation to help you achieve your weekly tasks. Your tasks fall within the following three categories: Eat, Move and Live/Inspire. These tasks will focus on small, specific habits and increase in difficulty as the challenge progresses. Below is more information on each category.

- **Eat:** Tasks in this category will focus on nutrition and improving one eating habit each week. The goal is to establish healthy habits and improve your overall nutrition.
    - Example tasks:
        - Drink 64 ounces of water daily
        - Focus on eating the correct portion sizes
        - Eat four servings of fruits/vegetables daily
- **Move:** Each week, you will receive two strength training workouts, recommended cardio minutes, and overall daily movement goals to complete. You can follow along with our on-demand strength video or utilize the PDF version of the workout. The goal is to establish a balanced routine of physical activity and improve your overall movement each day. Each workout will provide options for modification so you can choose the movements that are best for you. If you need specific workout modifications, please contact **wellness@usli.com.**
- **Live/Inspire:** This category includes tasks that will assist you in living a mindful, positive lifestyle. The goal is to improve your mindset, lower your stress levels and enhance your overall well-being. Each week, you will focus on one specific Live/Inspire task.
    - Example tasks:
        - Focus on getting an adequate amount of sleep
        - Perform a deep breathing activity to reduce stress
        - Read one of our blog articles to learn about a wellness topic
        - Learn to incorporate positive affirmations

What Are My Weekly Responsibilities?

- Review the weekly emails you will receive on Monday mornings, or log in to the **Renewed You website** to view your upcoming weekly tasks as early as the Friday before the week begins
- Complete as many of the weekly tasks as you can
    - The completion of at least one task per week keeps you in the running for the grand prize!
- Log in to the **Renewed You website** to record each task you complete
- Motivate and encourage your teammates to live a healthier lifestyle

What Resources Will I Have Access To?

You will have access to the **Renewed You website**, which contains educational resources, blog articles, and cardio, yoga and mobility workouts (including on-demand, audio and PDF workouts). All weekly workouts will have two on-demand videos. All exercises will have a video demonstration.

What Do I Need to Participate?

Participants must have comfortable workout clothing and sneakers, as well as at least one pair of dumbbells for the strength training exercises. It is best to have one set of light dumbbells and one set of heavier dumbbells. We also suggest you have a yoga mat. If you don't have access to dumbbells, you can use weighted objects around the house, like water bottles, soup cans or a backpack of books.

Can I Create a Team?

- Teams are not mandatory but optional
- Teams can have unlimited members
- Each team member needs to complete a registration form
- Once your account is approved, you can log in to create or join an existing team
- If you create a team, you will be able to interact with your teammates within the app

What Other Details and Important Dates Do I Need to Know?

- Registration for the challenge opens on the **Renewed You website** on **Thursday, December 3, 2026**, and closes on **Sunday, January 10, 2027**, at 5 p.m. Eastern time
- The challenge begins on **Monday, January 11, 2027**, and is 14 weeks long
- You are able to download the Renewed You application directly to your desktop to report your tasks each week; you can also save the website to your phone for easy access

What Are the Rules for the Grand Prize?

1. USLI employees and customers can be entered into the drawing for a $2,000 USD American Express gift card. Family members can also be entered into the drawing for a $2,000 USD American Express gift card. This includes parents, spouses, partners, children and siblings.
2. To qualify for the prize, you must complete the challenge in its entirety. This means you must log your weekly tasks by no later than 5 p.m. Eastern time the Monday after each week concludes. Tasks are to be logged via the **Renewed You website**. Not every task has to be completed to qualify for the prize, but you must log the tasks you complete.
3. In the event that a holiday falls on a Monday, or you are sick or out of the office on a Monday, your weekly task submission will be due by 5 p.m. Eastern time that Tuesday to remain eligible for the grand prize.
4. The prize is nontransferable.
5. Only those who maintain employment at USLI or remain an appointed customer throughout the duration of the challenge are eligible for the grand prize. This is the same for the winning family member; the USLI employee connected to the family member must remain employed at USLI.