



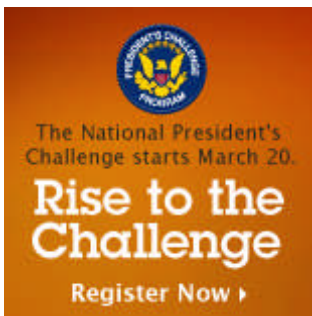
Dow and UCC Retirees are Rising to the Challenge!



[The President's Challenge](#), that is. The Dow Retiree Health Empowerment Program is enlisting retirees to participate in the President's Challenge, a physical activity incentive program sponsored by the President's Council on Physical Fitness and Sports. The President's Challenge has a program for everyone, from the beginner to the fitness enthusiast. With almost 100 activities to choose from, you can Rise to the Challenge!

Physical activity is one of the most powerful tools you have for increasing energy, preventing and managing chronic health problems, living independently, combating depression, and reducing your out-of-pocket medical costs. Using the President's Challenge Active Lifestyle Program as our framework, we are encouraging Dow and UCC retirees and their spouses to become physically active for a total of at least 30 minutes a day, 5 days a week. There are nearly 100 activities to choose from, and the time can be broken up into sessions as short as 5 minutes! Already active? The President's Challenge also offers the Presidential Champions Program, where regular activity earns points towards bronze, silver, and gold awards.

The National President's Challenge kicks off March 20, but you can sign up anytime. Dow and UCC retirees across the U. S. are joining together to show the nation that we are up to the Challenge! To register and join our group online, follow these simple instructions:



1. Click on "Rise to the Challenge" button to the left
2. For "User Name" enter your 6-digit Dow ID number, followed by "R" if you're a retiree or "D" if you are a spouse.
3. For "Group ID Number" enter 66815.
4. For "Group Member ID/Name" enter your e-mail address. If you don't wish to receive e-mails, enter "no e-mail" in this space.
5. Complete your registration. Each time you log in and enter your activity, your information will automatically be updated in the Group database.

Why use my e-mail address as my Group Member ID/Name?

We are asking you to enter your e-mail address as your Group Member ID/Name so that we can send you news and updates about the Program, check on your progress, and send you fitness tips and other helpful information.

We cannot see the personal information, (including your e-mail address) that you enter on the website; we can only see your User Name, Group Member ID/Name, and your activity level. We can also see when you reach your awards levels, so we will know when to send you your awards! If you do not want to receive e-mails from us about the Program, simply enter "no e-mail" in the Group Member ID/Name field.

Log Activity, Win a T-Shirt!

Record 30 minutes of activity 5 days per week for 6 weeks to earn a special Dow T-shirt. You can take up to 8 weeks to complete the challenge, and you can record your activity as far back as 14 days. And once you've completed the first 6 weeks of activity, you can continue with the Active Lifestyle Program or graduate to the Presidential Champions Program – it's up to you!

Don't have internet access? Not a problem! Keep a written log of your Active Lifestyle. Just record your name and Dow ID number, the dates, types of activities and time spent, and the beginning and ending dates of your Challenge. Remember, you must record 6 weeks of 5-day-per-week activity within an 8-week time period. Once you've completed the Challenge, mail your activity log to Leslie Sosebee, Dow Retiree Health Promotion Coordinator, 400 W. Sam Houston Pkwy S., Houston, TX, 77042. Call Leslie at 713-978-2839 or visit DowFriends.com for more information on joining other Dow and UCC retirees as we Rise to the Challenge!

A HEALTHIER NATION – IT'S EVERYONE'S CHALLENGE!