

Balanced Wellness



Challenges

- Usually 2-6 weeks long
- Can be offered for individuals or teams
- Most available in the following languages
 - English (EN)
 - French (FR)
 - Spanish (ESP)



Nutrition Based Challenges



Maintain Don't Gain

Enjoy the holidays while maintaining healthy diet and exercise, Halloween through New Year's Day.

EN FR ESP



Nutrition 101

In this challenge you will study a new healthy eating habit each week for six weeks.

EN FR ESP



One Month Madness

This is a four-week challenge that follows the USDA's dietary guidelines for fruit and vegetables, lean protein, whole grains/grains and milk/milk products for Americans based on a 2,000 calorie per day diet. *USA and Canadian versions available.*

🕒 4 weeks to complete

EN FR ESP



Eat The Rainbow

Encourage participants to eat a variety of fruit and vegetables every day!

EN FR ESP

Physical Activity Challenges



Cross Canada

From a bike ride along the scenic shores of PEI, to paddling the crystal clear waters in Banff National Park, or hiking to the top of the world in the Yukon, this cross-nation expedition has it all.

EN FR ESP



Lost City Ciudad Perdida Trek

Trek to The Lost City or *Ciudad Perdida* in the jungles of South America!

EN FR ESP



Around the World

Grab your compass and map and get ready for an epic journey around the world!

EN FR ESP



Mystery Fitness Challenge

Solve a mystery as you track your activity and take a virtual walk through London, finding clues along the way.

EN FR ESP



Hollywood Walk to Fame

Hollywood Walk to Fame Challenge is a star studded steps/activity challenge starting in New York and finishing in Los Angeles.

EN FR ESP



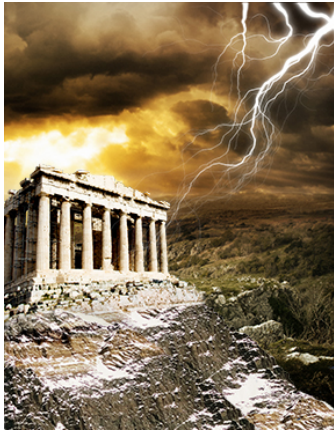
Amazing America

Virtually follow the American Discovery Trail, a coast-to-coast hiking path, from sea to shining sea! Experience to splendor of the US as you log your daily activity.

EN FR ESP



Physical Activity Challenges (continued)



Race to Mount Olympus

Travel through the Greek countryside as you race the Greek Gods to the top of Mount Olympus!

EN FR ESP



Rock Your Way to Wellness

The Rock Your Way to Wellness challenge is a rockin fun way to achieve your physical activity goals!

EN FR ESP



Route 66

This 2,100-mile (3,400km) virtual journey begins in Chicago, winds along Route 66 through different states to finish in Santa Monica, California.

EN FR ESP



Tour de France

Follow the 2011 Tour de France route by tracking daily activity.

EN FR ESP



Trek Nepal Wellness Adventure

Track your activity to take a virtual adventure to Mt. Everest with your team!

EN FR ESP



'Twas the Night Before Christmas

Watch for the map pop-ups along Santa's route to learn about how different countries around the world celebrate the Christmas holidays!

EN



Stress Management Challenges



Be Kind - for your Mind!

Helping others improves your mental wellbeing and leaves you feeling good about yourself.

EN FR ESP



No Time Like The Pleasant

Take time for yourself every day for this six-week relaxation challenge.

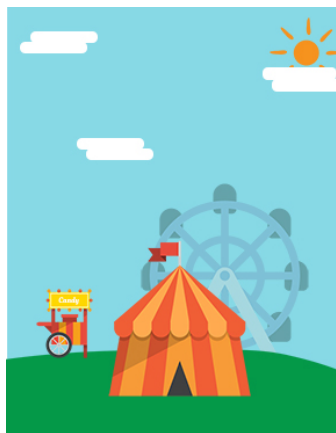
EN FR ESP



Disconnect and Reconnect

In today's world, technology can be very distracting. It can alienate us from the people in our lives, cause car accidents and even prevent us from getting a good nights sleep.

EN



MindQ Challenges - Part 1/3 , Optimism*

Optimism is the first in this 3-part series. Focus on optimism as a way to increase happiness and resilience, and improve coping mechanisms for greater quality of life – for yourself and those around you!

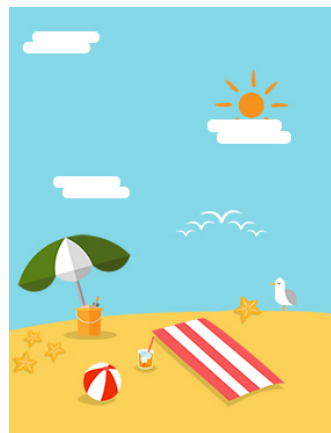
🕒 4 weeks to complete



MindQ Challenges - Part 2/3, Compassion*

Compassion is the second in this 3-part series. Apply compassion and mindfulness as tools to see things with greater acceptance and clarity, increasing wellbeing for you!

🕒 4 weeks to complete



MindQ Challenges - Part 3/3, Gratitude*

Gratitude is the third in this 3-part series. Use gratitude and appreciation as steppingstones to increased mental health and happiness, for yourself and those around you!

🕒 4 weeks to complete

EN FR ESP



Weight Management Challenges



Maintain Don't Gain

Enjoy the holidays while maintaining healthy diet and exercise, Halloween through New Year's Day.

EN FR ESP



Pirate Booty Weight Loss Challenge

Arr Matey, lose your booty is a swashbuckling weight management challenge! Earn points by tracking healthy behavior and any weight ye may lose on yer adventure!

EN FR ESP



Great Hot Air Balloon Race

Watch yourself fly away in a hot air balloon as you shed pounds and get lighter by the week!

EN FR ESP



Wacky World of Sports

Encourage weight loss by implementation of healthy behaviors.

EN FR ESP



Wellness Challenges



Down to Earth

To create a cleaner community, simple steps can go a long way. Join the Down to Earth challenge to review easy ways to save energy, reduce waste, cut down on emissions, and more. A fun perk? Most of these steps also support a healthy lifestyle and save you money, too!

EN FR ESP



Beat the Flu

This flu season, reduce your chances of getting sick with this challenge that encourages simple behaviors that will keep you healthy!

EN FR ESP



Cancer Awareness Challenge

Researchers say if we stopped using tobacco, maintained a healthy weight, exercised regularly, avoided diets rich in red meat, and ate diets rich in fruits and vegetables, we would prevent two-thirds of all cancers.

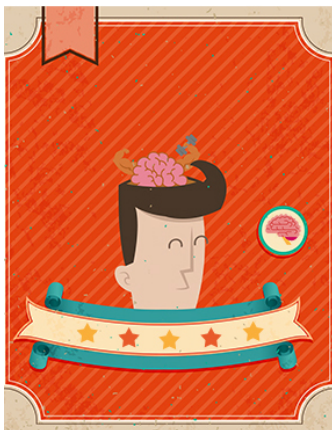
EN FR ESP



Better Together

Improve your overall well-being by spending time with family and friends.

EN



Healthy Brain Challenge

This challenge allows you to track certain activities that can contribute to brain health as you age.

EN FR ESP



In a New York Minute

In a New York Minute is a 4 week tracker challenge designed to encourage simple, healthy habits for office workers while enjoying the sights of the city that never sleeps.

EN



Going For Growth

A team based wellness challenge where participants track four daily activities including: physical activity, water, fruit & vegetables and vitamin use. *Limited customization options.*

EN

Wellness Challenges (continued)



Snooze or Lose

The health behaviors that you track during this challenge are recommended tips to ensure that you have a better sleep each night.

EN FR ESP



Summer Fun

The Summer Fun challenge is designed to encourage you to engage in healthy and fun activities during the summer months.

EN



The BEAT Goes On

Adopt simple lifestyle changes to reduce your risk of developing cardiovascular disease. *USA and Canadian versions available.*

EN FR ESP



Them Bones

This challenge helps individuals gain awareness about their bone health and maintain good bone health by following 5 simple behaviours.

EN FR ESP



Smoking Cessation


This challenge is designed to help smokers to butt out. Quitting smoking may improve the length and quality of your life.

EN



Save Up!

Learn (or review!) the basics of personal finance and reduce stress by working toward financial control through simple activities.

 5 weeks to complete

EN FR ESP

* Additional fees apply