

Wellness Challenges

Get employees engaged with wellness challenges covering a variety of topics including nutrition, stress reduction, sleep, physical activity and more.

The challenges are designed to motivate your employees, encourage healthier lifestyle behaviors, and are a great way to create a fun and supportive workplace environment. Challenges range from one week to 30 days or more and are designed with everyone in mind.

Nutrition challenges

Nutrition challenges help to promote healthy eating. Learn to try new foods, and see how good you feel when eating healthy.

- Hydration Challenge
- Nutrition Challenge

Stress reduction challenges

Stress reduction challenges are designed to help you begin taking care of you. Activities focus on mindfulness, meditation, coping skills, appreciation and more.

- 30-Day Stress Reduction Challenge
- Healthy Holiday Daily Email Challenge

Sleep challenge

Our Sleep Challenge is a great way to improve your overall health. Learn simple ways to improve your quality of sleep by setting small achievable goals.

- Sleep Challenge

Physical activity challenges

Physical activity challenges are a great motivator. They can get you into the habit of exercising regularly and boost self-confidence when you've accomplished your goals.

- Walk Across America
- We have a variety of fitness challenges. Please ask Health Promotions for more information.

Combination challenges

Combination challenges combine topics and encourage a variety of healthy behaviors with nutrition, stress reduction, sleep and physical activity.

- Summer Sizzler Challenge
- Worksite Wellness Bingo
- Fit Family Fun
- Time for Lunch Challenge

