

## CHALLENGE LIST



### FOOD FOR THOUGHT

TYPE: Nutrition

DURATION: 4 weeks

**DESCRIPTION:** Looking to change your eating habits but don't know where to start? Or maybe you've tried, only to abandon your goals within the first few days? The Food for Thought challenge is here to guide all your food-related decisions. Learn to track your food, make healthy swaps, eat fruits and veggies, and avoid unhealthy options when busy.



### STEP FORWARD

TYPE: Steps

DURATION: 4 weeks

**DESCRIPTION:** Have you ever found it tough to get 10,000 steps every day? HealthCheck360 wants to help you reach those step goals! Each week, we'll focus on different activities to slowly increase the numbers of steps you take each day.



### HWY 1 CALIFORNIA

TYPE: Steps

DURATION: 6 weeks

**DESCRIPTION:** HealthCheck360 wants to help your company get on the road to better health! Travel with us from city to city up Highway 1 in California during this 4 or 6 week destination steps challenge. See part of America's most scenic coastal highway while getting motivated to move!



#### **WALK THIS WEIGH**

**TYPE:** Steps

**DURATION:** 4 or 6 weeks

**DESCRIPTION:** Are you ready to walk?! This rockin' walking challenge is for teams or individuals. Walking is easy, free, and you don't need any extra equipment – just your own two dancin' feet. Get your band together and register today.



#### **WILD STRIDE**

**TYPE:** Steps

**DURATION:** 4 or 6 weeks

**DESCRIPTION:** HealthCheck360 wants to help you discover wellness. Wild Stride steps challenge will motivate you to get up and moving for your health in this safari themed steps challenge. Our online tracking keeps logging simple, so you can focus on making healthy choices!



#### **FORE FITNESS**

**TYPE:** Minutes of Activity

**DURATION:** 4 or 6 weeks

**DESCRIPTION:** Hit a hole-in-one for your health! This minutes of activity challenge is a fun way to get active this season and apply healthier habits to your life. Fore Fitness will motivate you to become active and increase your exercise by competing against your co-workers.



#### **FIRST DOWN FITNESS**

**TYPE:** Minutes of Activity

**DURATION:** 4 or 6 weeks

**DESCRIPTION:** Score a touchdown for your health with First Down Fitness. Jog, lift, swim, or bike your way to the top of the leaderboard by logging your minutes of exercise activity with our easy-to-use tracking tools and device integration.





#### **LAUNCH INTO HEALTH**

**TYPE:** Minutes of Activity

**DURATION:** 4 or 6 weeks

**DESCRIPTION:** See your health reach new heights with Launch Into Health, an exercise challenge powered by HealthCheck360! Measured in minutes of activity, you'll compete against other teams on the way to a healthier you. From aerobics to weight lifting, and swimming to moonwalking, there are countless ways to get active. Houston, we have liftoff...to better health!



#### **SLEEP COUNTS**

**TYPE:** Sleep

**DURATION:** 2 or 4 weeks

**DESCRIPTION:** Sleep Counts sleep challenge will give you the knowledge and tools you need to master the art of sleeping well. Each week, we'll send you some tips and tricks to get you to a healthier, restful night's sleep.



#### **GRAND SLAM**

**TYPE:** Minutes of Activity

**DURATION:** 4 or 6 weeks

**DESCRIPTION:** Swing into health this year by getting active with Grand Slam and Spring Training! If you are already the Babe Ruth of exercise activity, we encourage you to increase the intensity of your activities. If you're a Rookie just getting started or not active yet, take advantage of the nice weather to begin an exercise routine today.





#### **WATER WORKS**

**TYPE:** Hydration

**DURATION:** 2 or 4 weeks

**DESCRIPTION:** Better health is just a glass of water away! HealthCheck360 wants to help you take your wellness goals to new heights. Be happy and hydrated with Water Works hydration challenge. You'll get tips on how water can improve your overall wellbeing plus access to our online tracking tools.



#### **HEALTHY ALL THE WEIGH**

**TYPE:** Weight Loss

**DURATION:** 6 or 8 weeks

**DESCRIPTION:** Stay healthy this holiday season with Healthy all the Weigh! This challenge will help you warm up your wellness goals and complete against other teams to top the leaderboard by slimming down.

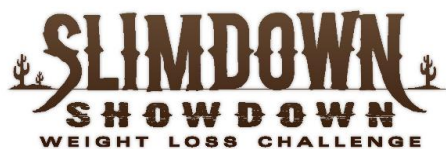


#### **SCALE DOWN**

**TYPE:** Weight Loss

**DURATION:** 6 or 8 weeks

**DESCRIPTION:** Find your weigh to better health with Scale Down weight loss challenge. Help your employees power up their wellness goals with friendly competition and support the whole weigh through.



#### **SLIMDOWN SHOWDOWN**

**TYPE:** Weight Loss

**DURATION:** 6 or 8 weeks

**DESCRIPTION:** Buck off that weight, partner, and get on the trail to better health! Losing weight can be tough, but HealthCheck360 can make it easier with a challenge that is so fun, it should be outlawed.





### **SUPER LOSER**

**TYPE:** Weight Loss

**DURATION:** 6 or 8 weeks

**DESCRIPTION:** Defeat the scale and claim victory for your health with Super Loser weight loss challenge! Super Loser will help you accomplish your goals with fitness, nutrition, and a little bit of healthy co-worker competition. You have the power to change your life! Get started today with Super Loser weight loss challenge.



### **RESILIENCY CHALLENGE**

**TYPE:** Resilience

**DURATION:** 2 weeks

**DESCRIPTION:** Learn to make small changes to reduce stress, improve your mood, and your ability to handle life's pressures with the Resiliency Challenge. Daily education emails will help you increase your energy, mental focus, and feel more in control of your day.

