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CHALLENGES AVAILABLE

PHYSICAL ACTIVITY CHALLENGES



Virtual adventures where activity earn participants steps along a challenge map with points of interest along the way!

Walk Well



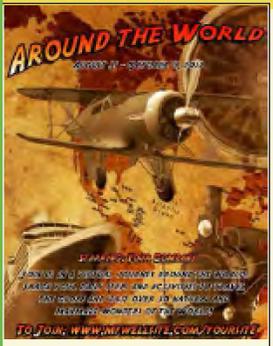
Explore new walking ideas weekly in this challenge to walk your way to well-being.

Amazing America



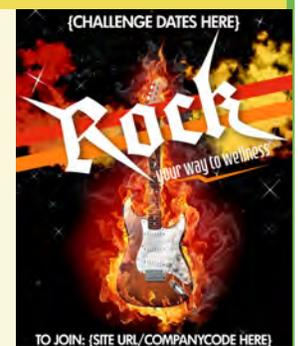
Experience some of the splendor the beautiful USA has to offer in this activity-based/steps challenge

Around the World



Travel around the globe and visit the Seven Wonders of the World!

Rock Your Way to Wellness



Track daily activity, while visiting the birth places of some of our favorite members of the Rock & Roll Hall of Fame!

Get Fit on Route 66



Participants will have fun exploring the historic landmarks along this fabulous stretch of highway.

Jungle Journey



Tour the amazing sites of Costa Rica and view amazing waterfalls, beaches and exotic plants in this journey through the Jungle.



PHYSICAL ACTIVITY CHALLENGES

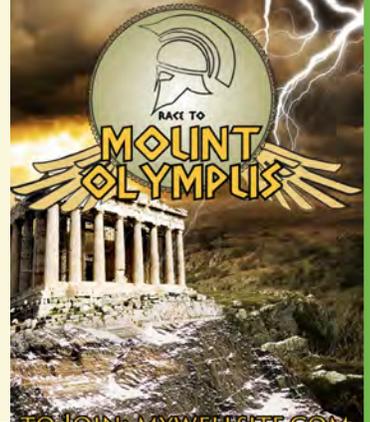
Tread Carefully



A walking journey through some of the nation's most haunted locations.

A challenge fit for the great gods of Mount Olympus and your employees.

Mount Olympus



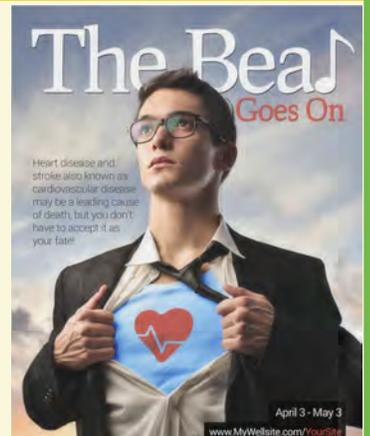
Oh What Fun...



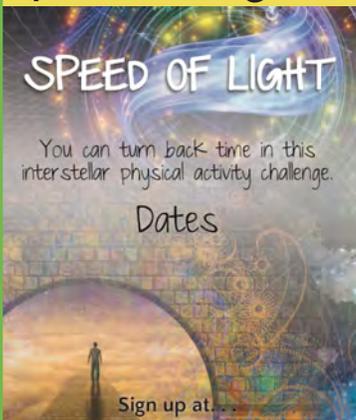
Have a healthy holiday focused on reducing stress through physical activity. Exercise is a great outlet for tension and anxiety.

Heart healthy challenge that keeps the ol' ticker in tune!

The Beat Goes On

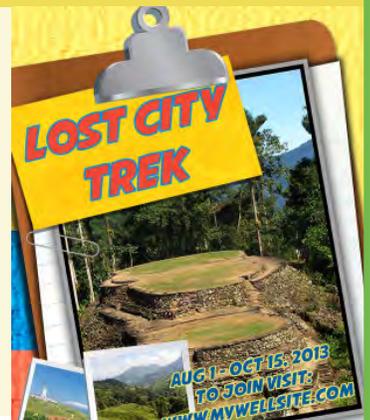


Speed of Light



You can turn back the hands of time in this interstellar physical activity challenge through the past, present and future!

Find this Lost City in the dense jungles of South America.





PHYSICAL ACTIVITY CHALLENGES

Get Fit Mystery



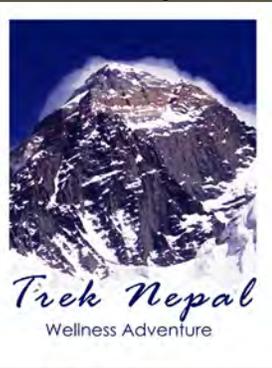
A crime has taken place. Participants track their daily activity to receive clues to solve the mystery and learn fun facts about Crime Solver extraordinaire, Sherlock Holmes.

Move More Mystery



Sequel to the popular Get Fit Mystery Challenge, with a new mystery and crime to solve. Track physical activity to earn new clues and act as a super sleuth around London.

Trek Nepal



Come trek the Sherpa heartland. Explore the foothills of Mount Everest, and learn what makes Everest one of the greatest climbs in the world.

Game to Thrive



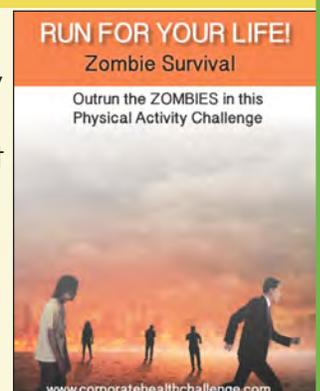
There are 7 dimensions of wellness, emotional, intellectual, social, physical, spiritual, financial and environmental. Each of the seven kingdoms represent a dimension. Conquer all seven kingdoms to achieve total well-being to thrive!

Iceland Adventure



Experience the diversity of Iceland, exploring both its culture and natural beauty. Iceland is one of the world's most lively places with volcanoes and thermal springs.

Zombie Survival



Outrun and outsmart the ZOMBIES in this race to safety from a Zombie Apocalypse! Can you figure out the secret ingredient to make the antidote to cure the zombie virus and get to safety?



HEALTHY EATING CHALLENGES

Go Healthy Cafe



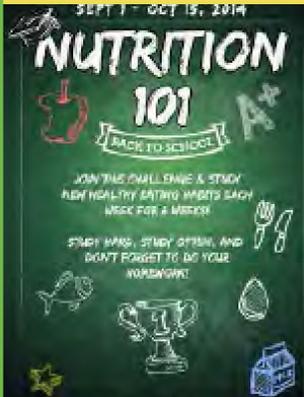
Green foods are a go in this traffic light eating system geared towards nutritious foods. Eating whole, clean nutritious foods and limiting fat, sugar and salt keeps participants going strong.

Breakfast is the most important meal of the day, so why not start the day off right. Participants earn points for positive breakfast behaviors, such as preparing and eating breakfast at home, and avoiding refined/processed foods.

Daily Breakfast



Nutrition 101



Study a new healthy eating habit each week for six weeks. This challenge combines educational components with some simple nutritional goals to take you to the head of the class.

Practice filling half your plate with colorful fruits and veggies to make a daily rainbow. Fuel your body with colorful produce for improved physical health and emotional well-being.

Eat A Rainbow



One Month Madness



Recording daily caloric intake can be tedious. Instead, participants track daily servings of the recommended food groups. Weekly menus share ideas for meals while earning letters for a word scramble!

What's good for your body is good for your mind. This traffic light system rewards for eating foods high in nutrition and low in sugar, fat and salt!

Nourishing You





HEALTHY WEIGHT CHALLENGES

Wacky World of Sports



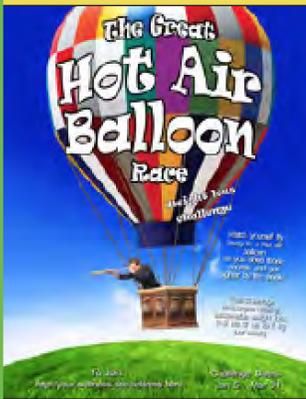
Engage in healthy behaviors proven to contribute to a sustainable healthy weight. Earn points while learning fun facts about some of the craziest sports in the world.

Great Space Gravity



The Great Space Gravity Challenge is a percent weight loss team challenge. As your team progresses and becomes less 'gravity challenged', it will visit planets throughout the Solar System

Hot Air Balloon Race



The Great Hot Air Balloon Race is an individual percent weight loss challenge. Watch the hot air balloon fly higher in the sky as you get lighter by the week.

This pirate themed healthy weight challenge encourages users to drink water, eat their fruit & veggies, and engage in their favorite healthy activities. Mateys travel the seven seas in search of treasure in this high seas adventure!

Lose Yer Booty



Maintain Don't Gain



Make healthy choices through the holiday season with the Healthy Holiday Challenge! Avoid sugary snacks and candy, and track regular exercise.

Participants practice behaviors that lead to sustaining a healthy weight. Winning behaviors include weighing-in, regular exercise, and social support.

Biggest Winner





WELL-BEING CHALLENGES



No Time Like the Pleasant



Earn points for engaging in simple relaxation techniques to take just a few 'me' minutes to stretch, breathe deeply... or even to laugh to recharge daily.

Designed to encourage a healthy, active lifestyle throughout the summer months. Provides a list of fun activities to enjoy with family and friends.

Summer Fun



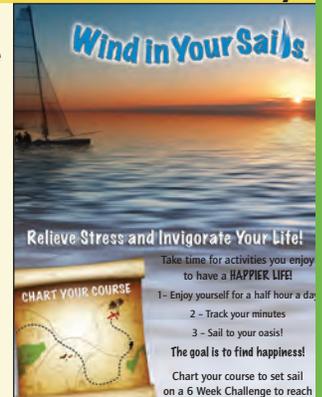
Good Night's Sleep



Get better sleep for healthy brain function, emotional well-being, immune support, healthy weight, healing and body repair, elevated mood and increased safety!

Relieve stress and invigorate your life in this sailing adventure challenge. Create the wind to move your sailboat by setting aside time each day to do something you enjoy!

Resiliency



Relationships Matter



Social wellness challenge to enhance relationships and social support.

Improve quality of life in this Random Act of Kindness Challenge. Participants earn kindness credits for performing random acts of kindness, volunteering and sharing experiences.

Cool To Be Kind





WELL-BEING CHALLENGES



Quit Tobacco



Tobacco users choose a quit date and practice new behaviors while nicotine cravings pass. Add the 6 week video learning module as a great alternative standard program.

Smile for Success



Maintain good oral health by encouraging simple behaviors, such as brushing, flossing, and choosing sugar-free snacks.

Filler Up H2O



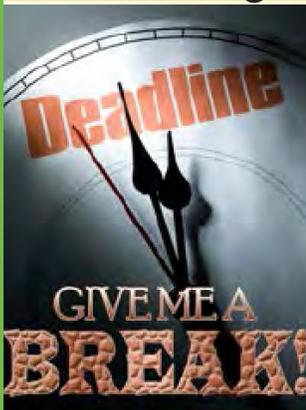
Water is the foundation of a healthy body and mind. Drink 8 glasses of water a day and track hydration!

Beat the Flu



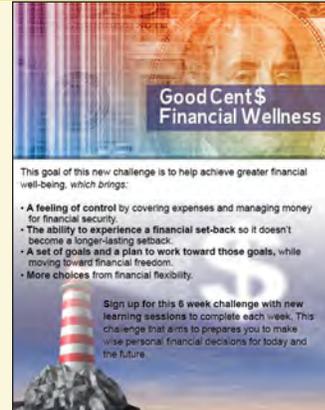
Participants earn points for those healthy behaviors proven to decrease susceptibility to the flu virus, including washing their hands, getting plenty of sleep, and getting a flu vaccination.

Time Management



Promote effective time-management skills with the goal of decreasing workplace stress. Learn to triage workload, block time for important tasks, and de-clutter the workspace.

Good Cents



Have a better understanding of personal finances, take positive steps towards financial freedom, such as preparing (and sticking to) a budget.



WELL-BEING CHALLENGES NEW FOR 2018!



MINDFUL MINUTES

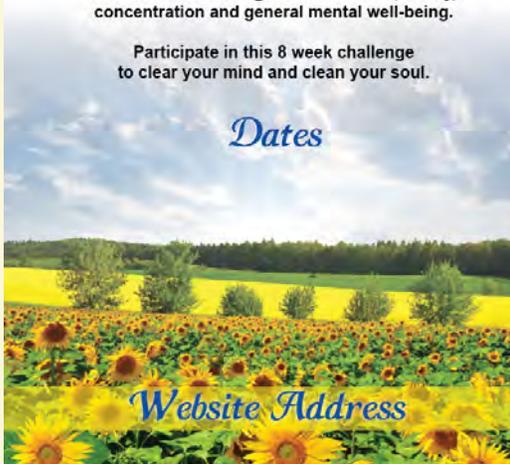
MINDFUL MINUTES

stop, breathe, let go

Mindfulness fosters general calmness, clarity, concentration and general mental well-being.

Participate in this 8 week challenge to clear your mind and clean your soul.

Dates



Website Address

Mindfulness generates calmness, clarity, concentration and general well-being.

Participants will practice: cleansing breaths, gratefulness and acts of kindness.



Weekly email tips focus on *mindful*: meditation, listening, spending, walking and eating.

ROAD TO RESILIENCE

The ROAD to RESILIENCE

Your Personal Journey to . . . develop and use a personal strategy for enhancing your resilience.



JOIN ANYTIME

Six week challenge to learn and practice behaviors, thoughts and actions that can help you bounce back when tough situations occur.

MyWellSite.com/NextEra

Life can be like a roller coaster with ups and downs. It's how people deal with the downs that influences how they get back up. Participants will practice resiliency building activities:

Taking time for themselves.
Shifting thoughts to a new perspective.
Getting quality sleep.



Motivating quotes of inspiration guide individuals as they complete their personal journey to enhance resilience.