



# ONLINE WELL-BEING CHALLENGE

## AMAZING AMERICA

Experience some of the splendor of the beautiful USA from a lobster dive on the east coast to salmon-fishing in the mighty pacific.

**CHALLENGE TYPE:** Physical Activity

**MEASURED GOALS:** Step-based

**DURATION:** 6 weeks

**TRACKING:** Log activity and the system translates that movement into steps.

**CHOOSE:** Team-based or individual challenge

### INCLUDES:

- Weekly health tip emails to engage
- Challenge promotional flyer/poster in electronic format
- Promotional video
- Real-time reporting
- User support

**OPTIONAL SERVICES:** Fitness device/app syncing  
Incentive items/prize drawing ideas:  
multipurpose day pack, massage ball  
and roller set, waterproof action camera



# INSPIRE TO MOVE



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Perspectives

904-641-1208

info@InspiringPerspectives.com | www.InspiringPerspectives.com