



ONLINE WELL-BEING CHALLENGE

ICELAND ADVENTURE

Take the virtual trip of a lifetime to explore the raw power of Iceland's thundering waterfalls, dazzling glaciers and exploding geysers.

CHALLENGE TYPE: Physical Activity

MEASURED GOALS: Step-based

DURATION: 6 weeks

TRACKING: Log activity manually 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:

Paracord survival bracelet, camping hammock, cooling neck gaiter, waterproof solar charger

