



# ONLINE WELL-BEING CHALLENGE

## LOST CITY TREK

This virtual wellness journey starts in the dense jungles of South America and leads to a Lost City. Only physical activity will guide the way.

**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:  
Smart finder tracker, under desk bike pedal

