



ONLINE WELL-BEING CHALLENGE

MAINTAIN DON'T GAIN

Avoid gaining unwanted holiday weight while still celebrating the season sensibly.

CHALLENGE TYPE: Combo

MEASURED GOALS: Points

DURATION: 6 weeks

TRACKING: Enter weight, physical activity, avoid sugary snacks and limit alcohol.

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:
dried fruit gift basket, bathroom scale,
healthy holiday cookbook

