



ONLINE WELL-BEING CHALLENGE



Ladies and gentlemen step right up to the greatest challenge on earth. Participants will be amazed how good they can feel when filling up on wholesome foods.

CHALLENGE TYPE: Healthy Eating

MEASURED GOALS: Points

DURATION: 4 weeks

TRACKING: Drag each food item into the magic hat and earn points for servings.

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: Incentive items/prize drawing ideas: cookbooks, Spiralizer vegetable pasta maker, lunch kits and containers, NutriBullet



NOURISHING YOU