



ONLINE WELL-BEING CHALLENGE

GET FIT ROAD TRIP



Get fit while exploring the landmarks along the fabulous stretch of the route 66 historic highway.

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:
Emergency Road Kit, Fitbit

