



ONLINE WELL-BEING CHALLENGE

WACKY WORLD OF SPORTS

Engage in healthy behaviors proven to contribute to sustaining a healthy weight while viewing fun facts about some of the craziest sports in the world.

CHALLENGE TYPE: Combo

MEASURED GOALS: Points

DURATION: 6 weeks

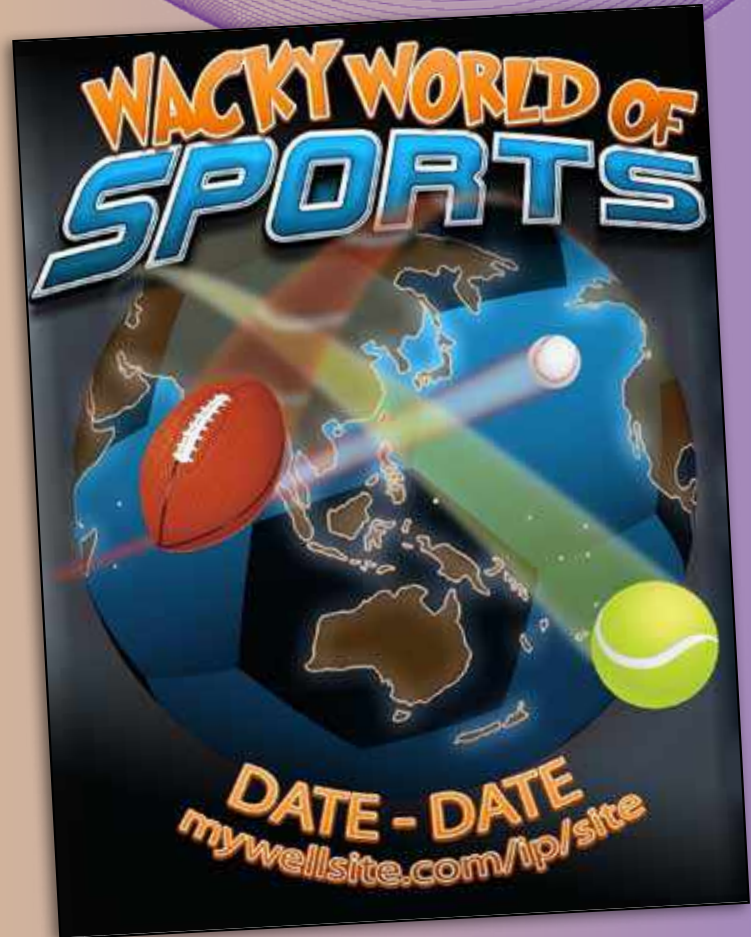
TRACKING: Enter weight, physical activity, water and fruit & veggie servings.

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: Fitness device/app syncing, incentive items/prize drawing ideas: giant yard games, ladder toss, cornhole set, giant pong game set



HEALTH
HARMONY