



# ONLINE WELL-BEING CHALLENGE

## Wind in Your Sails

**Relieve stress and invigorate your life. Set sail in this nautical challenge where you create the wind your sails need to power your adventure.**

**CHALLENGE TYPE:** Mental Wellness

**MEASURED GOALS:** Points

**DURATION:** 6 weeks

**TRACKING:** 1/2 hour a day of “Me Time” and video modules.

**CHOOSE:** Individual challenge or team based

**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:



Inspired Perspectives

info@InspiringPerspectives.com | www.InspiringPerspectives.com

904-641-1208