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Discover Wellness



Challenges Catalog

Physical Activity Challenges



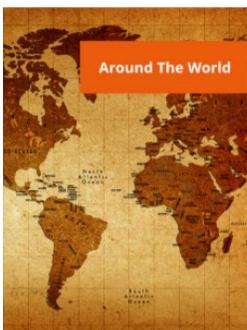
Get Your Fit on Route 66

Track your daily activity, and take a ride along the historic Route 66. Tracing the actual route from Chicago to Santa Monica, participants will have fun exploring the historic landmarks along this fabulous stretch of highway.



Rock Your Way to Wellness

Track your daily activity, while visiting the birth places of some of our favorite members of the Rock & Roll Hall of Fame! Along the way, you'll be presented with 5 milestones featuring Rock & Roll Trivia questions.



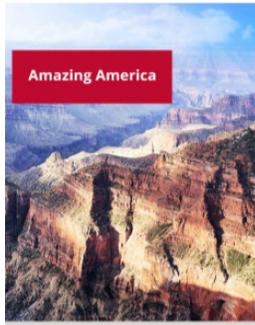
Around the World

Grab your compass and map and get ready for an epic journey around the world! In the Around the World Challenge, you'll travel around the globe by entering your everyday activities. Along the way you'll visit the Seven Wonders of the World along with many of the Natural Wonders, Modern Wonders, and Architectural Wonders!



Cross Canada Fitness Adventure

From a bike ride along the scenic shores of PEI, to paddling the crystal clear waters in Banff National Park, or hiking to the top of the world in the Yukon, this cross-nation expedition has it all. Experience some of the splendor that Canada's National Parks have to offer in this virtual challenge, and step up to see what you have been missing.



Amazing America Fitness Expedition

From a lobster dive on the East Coast, to Yosemite National Park, clear to salmon fishing in the Pacific, this virtual journey has it all. Experience some of the splendor the beautiful USA has to offer in this activity-based/steps challenge.



Hollywood Stars Walk to Fame

This 8 week activity challenge is designed for active people (over 10,000 steps/day). Starting in New York and finishing in Los Angeles, the Walk to Fame challenge travels through famous academy award winning Actors' hometowns, sharing points of interest along the route.



Get Fit Crime Mystery Challenge (Scavenger Hunt)

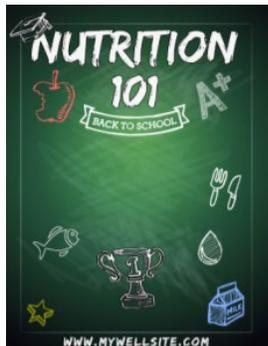
A piece of sporting equipment has been stolen! Can you figure out what was stolen before the end of the challenge? Participants track their daily activity to receive clues in this fun scavenger hunt. Along the way, you'll learn fun facts about Crime Solver extraordinaire, Sherlock Holmes.

Nutrition Based Challenges



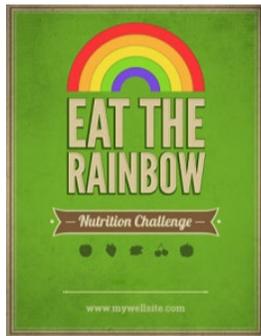
One Month Madness

This is a four-week challenge that follows the USDA's dietary guidelines for fruit and vegetables, lean protein, whole grains/ grains and milk/milk products for Americans base on a 2,000 calorie per day diet.



Nutrition 101

Study a new healthy eating habit each week for six weeks. This Challenge combines educational components with some simple nutritional goals to take you to the head of the class.



Eat the Rainbow Challenge

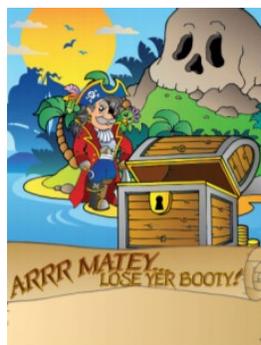
The Eat the Rainbow Challenge is all about getting the right amount of fruits and veggies! Drag your fruits and veggies on to your plate and watch as your rainbow fills up with color!

Weight Management Challenges



The Great Hot Air Balloon Race

The Great Hot Air Balloon Race is an individual percent weight loss challenge. Watch the hot air balloon fly higher in the sky as you get lighter by the week.



Arrr Matey Lose Yer Booty!

This weight loss challenge encourages users to drink water, eat their fruit & veggies, and engage in their favorite healthy activities to help achieve a sustainable weight loss. Users travel the seven seas in search for treasure on their weight loss adventure!



Wacky World of Sports Weight Loss Challenge

This 8 week weight loss challenge encourages participants to engage in those healthy behaviors proven to contribute to a sustainable weight loss. Participants earn points for physical activity, drinking water, and eating fruit & vegetables, all the while learning funny facts about some of the craziest sports in the world.

Wellness Challenges



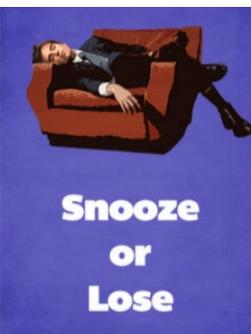
Healthy Brain Challenge

Keep that brain healthy! This challenge combines components such as physical activity, consuming brainhealth promoting foods, social activities, taking on new skills and information in order to create a well-rounded Challenge focused on keeping your cabbage strong.



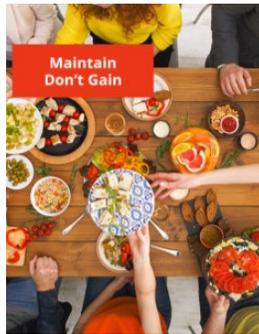
Save Up!

Learn (or review!) the basics of personal finance and reduce stress by working toward financial control through simple activities.



Snooze or Lose

Poor sleep habits can result in a variety of health concerns, including constant tiredness, irritability, loss of concentration, poor eating, and use of stimulants. The impact at the workplace can be significant, especially in the areas of tardiness, absenteeism and presenteeism. The Sleep Quality challenge focuses on building consistent and positive sleep habits.



Healthy Holiday - Maintain, Don't Gain

Making healthy choices throughout the holiday season can be a challenge for even the strongest of wills. The answer? Make it fun with the Healthy Holiday Challenge! Individuals will earn points for engaging in healthy sustainable behaviors throughout the holiday season. Participants are encouraged to limit alcohol consumption, avoid sugary snacks and candy, and track regular exercise.



Beat the Flu Challenge - Healthy Habits

Autumn is the beginning of flu season – often having a huge impact on workplace absenteeism. In the Beat the Flu Challenge, participants earn points for those healthy behaviors proven to decrease susceptibility to the flu virus, including washing their hands throughout the day, getting plenty of sleep, and getting a flu vaccination.



New York Minute Office Worker's Challenge

This 4 week tracker challenge is designed to encourage simple, healthy habits for office workers, including using the stairs instead of the elevator, stretching throughout the day, and taking the time for a break-time walk. Watch for the Cab Driver's tourist attractions as you journey along the map of New York.



The Beat Goes On

Heart Disease and Stroke also known as Cardiovascular Disease (or CVD for short) may be a leading cause of death, but you don't have to accept it as your fate. Even though there are a few risk factors you can't change – such as ethnicity, family history, sex or age – for the most part CVD is largely preventable.



Cancer Awareness Challenge

Researchers say if we stopped using tobacco, maintained a healthy weight, exercised regularly, avoided diets rich in red meat, and ate diets rich in fruits and vegetables, we would prevent two-thirds of all cancers.



Them Bones

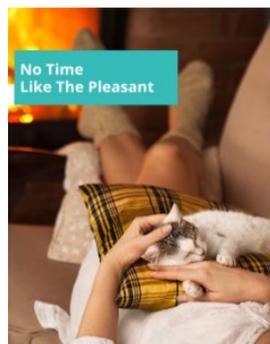
Bone Health is an important part of an individual's quality of life. Healthy bones maintain a strong structure for your body, anchor muscles, protect your organs and store calcium. This challenge helps individuals gain awareness about their bone health and maintain good bone health.

Stress Management Challenges



Be Kind to your Mind

This 2 week challenge is all about personal enlightenment. Earn up to 400 points per day by performing random acts of kindness for your community, colleagues, planet and own-self.



No Time Like the Pleasant - Corporate Relaxation

Work-life balance and stress have been identified as two of the most predominant concerns in the workplace today. In this challenge, participants earn points for engaging in simple relaxation techniques throughout the day. Taking just a few 'me' minutes to stretch, breathe deeply... or even laugh has proven to recharge the batteries, and improve overall work performance.