Wellable Challenges

Move More Challenge: An activity challenge is a great way to motivate participants to become happier, healthier, and more energized by recognizing the benefits of everyday activity. Offer a challenge that sparks some healthy competition and is easy and fun for all to join with the Move More Challenge!

This traditional activity challenge can be configured as either an individual- or team-based program and can range from two to ten weeks long. The goal is for participants to increase physical activity, improve well-being, and reach the top of the leaderboard by earning the most Wellable Points by the end of the challenge. Practical health tips will be provided during each week of the challenge to inspire and motivate participants to keep on moving!

Nutrition Ambition Challenge: A healthy and balanced diet is not only necessary for overall health and development, but it also helps boost the immune system, lower the risk of noncommunicable diseases, and improve longevity! This challenge helps participants enjoy a healthy, well-rounded diet by following basic nutrition principles from the World Health Organization.

To start, participants will learn about important ways to make nutritious choices and build healthy eating habits. Creative and nutritious recipes from the Academy of Nutrition and Dietetics will also be provided to inspire healthy cooking at home! During the challenge, participants will earn Wellable Points for engaging in daily healthy eating habits and submitting a photo of a nutritious dish they prepared and enjoyed!

Resilience Challenge: Resilience is the ability to bounce back from adversity, frustration, and misfortune...but it's not only how one handles negative experiences. It also refers to reactions to positive events, like progress or increased responsibility. Given its impact across all aspects of life, developing greater resilience is important for everyone, and this challenge provides an opportunity for just that! In addition to providing education about the importance and many benefits of resilience, this four- to six-week challenge offers five unique Resilience Exercises designed to help participants build resilience and well-being in their life.

Wealth Challenge: To be wealthy is to be financially well, and this is a unique situation for every individual. Though wealth differs from person to person, financial well-being can be improved upon and ultimately achieved by taking steps to sharpen one's skills for managing finances...and this challenge is designed to help participants do just that.

The six Wealth Exercises in this program educate participants about financial wellness and help them develop skills to meet current and ongoing financial obligations, feel secure in their financial future, and be able to make choices that allow them to enjoy life.

Sun-Sational Summer: Summer is the perfect time to enjoy the great outdoors, but it's important to keep safety front of mind while having fun in the sun. The Sunsational Summer Challenge is a helpful way to educate and motivate participants to take the necessary steps to stay safe, healthy, and happy during the summer. In addition to providing education about different ways to stay safe during the summer, this four- to six-week challenge offers participants an opportunity to check their knowledge through single-question quizzes while learning new seasonal health tips and tricks each week.

Happiness Challenge: "Happiness is not something ready made. It comes from your own actions." – Dalai Lama In addition to making you feel good, happiness is also deeply connected to personal health and well-being. The Happiness Challenge is a great way help participants take action to feel both happy and healthy. In addition to providing education about the many benefits of happiness, this four- to six-week challenge offers participants creative ways to generate positivity and happiness during the challenge and beyond!

High-Rise Race Challenge: Participants in the High-Rise Race Challenge work to increase their physical by virtually climbing some of the world's most prominent high-rises, including the Great Pyramid of Giza, Empire State Building, and Eiffel Tower!

For each of the five weeks during the challenge, participants earn Wellable Points to race to the top of a new high-rise. To make it to the top of a high-rise, they must achieve or exceed the level of Wellable Points associated with each one. A fun fact and health tip about each of the high-rise locations visited will be provided throughout the journey.

Sleep Tight Tonight: Sleep plays an important role in physical, mental, and emotional health, and as a result, making small tweaks to sleep hygiene can have a big impact on overall well-being. During the Sleep Tight Tonight Challenge, participants will learn the importance of a good night's rest and ways to practice healthy sleep habits. This challenge provides participants with a fun and effective way to work towards healthier sleep and feel rested and refreshed in the process.

During the four- to six-week challenge, participants will learn how much sleep one needs and earn Wellable Points for physical activity, viewing short and engaging healthy sleep videos, and practice healthy sleep habits on a daily basis!

Vacation Exploration Challenge: During the Vacation Exploration Challenge, participants are taken on an educational journey to virtually explore four unique and popular vacation destinations around the globe. In addition to learning the health benefits associated with taking time off, participants will learn fun facts and health tips about each of the places visited during their travels.

This challenge can be configured as an individual- or team-based program. For each of the four weeks during the challenge, participants earn Wellable Points to virtually visit the different vacation destinations. To make it to each one, they must achieve or exceed the level of Wellable Points associated with each destination.

GameDay Hustle Challenge: Kickoff a winning season of health and wellness with some friendly, football-themed competition! During the Gameday Hustle Challenge, participants tackle health and wellness by engaging in physical activity, all while learning fun facts and health tips related to this popular sport.

For each of the four weeks during this individual- or team-based challenge, the game plan is for participants to earn Wellable Points to virtually move their team down the football field and into the end zone for the game-winning touchdown. The further a participant or team travels, the greater the odds of winning a prize!

Step it Up Challenge: This no-frills, traditional step challenge can be configured as either a team- or individual-based program and can range from two to ten weeks long. The goal is for participants to increase physical activity, improve well-being, and reach the top of the leaderboard by earning the most Wellable Points by the end of the challenge. Practical health tips will be provided during each week of the challenge to inspire and motivate participants to keep on stepping!

Back to Basics Challenge: Get back to the fundamentals of well-being through some "healthy" competition! The Back To Basics Challenge focuses on creating consistency in healthy behaviors by encouraging regular physical activity and nutrition awareness.

This activity and nutrition challenge can be configured as either an individual- or team-based program and can range from two to six weeks long. The goal is for participants to stay physically active and keep track of meals and snacks to improve their wellbeing and climb the leaderboard by earning the most Wellable Points possible. Practical tips and tricks will be provided during the challenge to help participants fit healthy behaviors into each and every day!

Big Shot Bracket Challenge: March is famously known for its annual NCAA basketball tournament, but the Big Shot Bracket Challenge offers healthy, team-based competition that can be enjoyed year-round. Hoops fan or not, this elimination challenge is a fun way for participants to get active together and compete with their colleagues to be the last team standing! In addition to awarding Wellable Points for physical activity, participants receive health tips throughout the challenge that highlight the benefits of activities that promote social well-being.

This challenge is unique in that it consists of three separate rounds. Rounds can last for four, six, eight, ten, or twelve days in length. The longer the round, the longer the challenge. Over the course of the event, participants will compete on teams of between four and eight participants in a bracket style competition. A minimum of five teams is required to launch this challenge.

Round 1: Company-Wide Competition
Top four teams advance to Round 2
Round 2: Playoffs (Top Four Teams)
Top two teams advance to Round 3
Round 3: Finals (Top Two Teams)
Top team wins the competition

Candy Corn to Candy Cane Challenge: When the holidays are in full swing, the importance of focusing on health and wellness is at an all-time high! The Candy Corn To Candy Cane Challenge helps participants stay focused on their well-being while enjoying all the fun this time of year has to offer.

The challenge can be configured as an individual- or team-based program, starts in late October, and can range from five to nine weeks. The weekly Trivia Challenge will provide a short article about a new holiday health topic and a single-question quiz. It's the most wonderful time of the year... for a wellness challenge!

Charity Challenge: Whether volunteering, donating, or offering emotional support to others, charitable giving boosts happiness, health, and personal satisfaction. The Charity Challenge helps foster community in the workplace and empowers participants to give back through their actions and by earning dollars for charitable causes through healthy behaviors!

During this four- to six-week challenge, participants are provided an opportunity to support causes of their choice, or that of the organization, while learning about different ways to engage in charitable giving and how it benefits health and well-being. Wellable Points are earned by tracking physical activity and completing Charitable Acts over the course of the event.

Eat Well, Be Well Challenge: National Nutrition Month® is celebrated in March, but making healthy choices year-round is key to eating well – and being well! With a focus on promoting healthy eating awareness through nutrition education from USDA's MyPlate, the Eat Well, Be Well Challenge provides education and nutrition tips to help participants build healthy eating habits.

In addition to learning about ways to make healthy food choices, this four- to six-week challenge offers participants an opportunity to navigate and test their knowledge of the five food groups.

Go For the Gold: There is nothing wrong with a little healthy competition, and the Go For The Gold Challenge delivers just the right dose of it! Inspired by the ancient Greek games, this challenge takes participants on a historical journey to learn about and practice exercises that mimic moves of competitors in the games originally held in Olympia!

This challenge can be configured as an individual- or team-based program and run for two- to six weeks. Through weekly fun facts and engaging "how-to" videos, this challenge encourages participants to move like an Olympian! Wellable Points are earned by tracking physical activity and completing creative weekly exercises, each inspired by a different event that took place during the ancient games.

Gratitude Challenge: The practice of gratitude doesn't just feel good, it has a profound effect on health, happiness, and overall well-being. The Gratitude Challenge helps participants become stronger by learning how to develop the important skill of being grateful for all the good things in life, each and every day!

In addition to providing engaging education about the many benefits of gratitude, this four- to seven-week challenge offers participants creative ways to cultivate and engage in gratitude during the challenge and beyond!

Healthy Holidays Challenge: 'Tis the season...to be healthy! Prioritizing wellness can be tricky during the hustle and bustle of the holidays, but the Healthy Holiday Challenge makes it fun and easy for participants to make smart choices and focus on their well-being!

This activity and nutrition challenge can range from four to nine weeks long, with each week highlighting a different holiday health topic.

Heart Health Hero Challenge: Cardiovascular disease is the leading global cause of death, but fortunately, it is largely preventable by engaging in heart-healthy behaviors! With a focus on promoting healthy lifestyle choices, the Heart Health Hero Challenge provides education and health tips to support a healthy heart.

To start, participants will learn about Heart Health Activities they can engage in to create lasting, healthy habits. Throughout the challenge, they will be encouraged to practice healthy lifestyle choices, making them a part of their daily routine by engaging in Heart Health Activities.

Make Your Way to 5K Challenge: During the Make Your Way To 5K Challenge, participants will train their way to finishing a 3.1-mile race with ease – no matter if they prefer to walk, jog, or run! Designed to build stamina over time, a 5K training plan guides participants through daily activity goals. This challenge allows participants a fun and effective way to get fit and feel a sense of accomplishment in the process.

During the seven-week challenge, participants will earn Wellable Points for steps and distance and receive health tips to support their training, all while being encouraged to hit weekly goals that align with a 5K training schedule. Coordinating this challenge with a local race is a great way to promote the challenge, encourage participation, and support the community!

Mind Body Challenge: When life gets busy, it's important to keep both the mind and body healthy with a balance of physical and restorative activity. The Mind Body Challenge promotes the practice of meditation, which is associated with numerous health benefits, such as sharpened concentration, boosted energy, and reduced stress and anxiety. Ten Guided Meditation Sessions are provided during the challenge, starting with the basics before progressing to more advanced concepts.

This challenge can be configured as an individual- or team-based program. During the four-to six-week challenge, participants will earn Wellable Points for physical activity and completing short and effective Guided Meditation Sessions that provide the foundation to learn about and practice meditation on a regular basis! At the end of the challenge, participants will receive resources to continue the practice of meditation on their own.

New Year Solutions Challenge: The start of a new year is the perfect time to focus on making healthy, positive changes! The New Year Solutions Challenge helps participants set effective goals by learning how to make them S.M.A.R.T. (Specific, Measurable, Attainable, Relevant, and Timely).

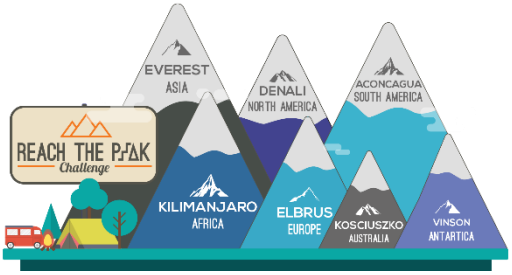
To start, participants will learn about setting S.M.A.R.T. goals. At the start of the challenge, they will then create at least one goal to work toward. Tips and tricks for accomplishing goals will be provided throughout the challenge, along with a weekly opportunity for participants to reflect on their goal and track any progress that has been made.

Purpose Challenge: From shaping meaningful goals to guiding important life decisions, a strong sense of purpose contributes to a happy, healthy, and meaningful life. The Purpose Challenge provides a mix of education and thoughtful activities to help participants live purposefully, for the benefit of their emotional, psychological, and physical well-being.

PURPOSE CHALLENGE

In addition to helping participants learn the value of purpose, this challenge provides unique ways to cultivate and strengthen this important quality for happier and healthier living!

Reach the Peak Challenge: Participants in the Reach The Peak Challenge work to increase their physical activity by virtually climbing some of the world's highest mountain peaks on each of the seven continents, like Mt. Kilimanjaro and Mt. Everest!



For each of the seven weeks during this individual- or team-based challenge, participants earn Wellable Points to climb to the top of a mountain peak. To reach the peak, they must achieve or exceed the level of Wellable Points associated with each one. A fun fact and health tip about each of the world's regions they visit will be provided throughout the journey.

Step Into Summer Challenge: The start of a new season is a perfect time to kickstart healthy habits, so there is no better way to welcome summer than by stepping into it! Turn up the heat with some healthy competition that's easy and fun for all with the Step Into Summer Challenge!

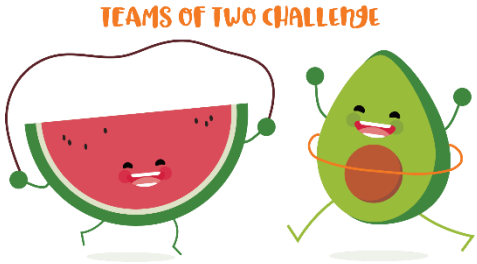
This traditional step challenge can be configured as a team- or individual-based program and can range from two to six weeks long. The goal is for participants to rack up the steps to reach the top of the leaderboard by earning the most Wellable Points by the end of the challenge. Practical tips and tricks will be provided during each week of the challenge to help participants enjoy a safe and healthy summer season.

Sustainability Challenge: The simple goal of sustainability is to create and maintain an environment where humans and nature can exist in productive harmony. In an effort to support individual health and long-term ecological balance, the Sustainability Challenge encourages the creation and practice of everyday healthy, sustainable habits!

In addition to providing education about ways to make sustainable lifestyle choices, this three- to five-week challenge offers participants an opportunity

to learn about and practice five different Sustainable Activities. This challenge can be configured as either an individual- or team-based program.

Teams of Two Challenge: The healthy habits of an individual's social network impact their physical and emotional well-being. The impact is even stronger with an accountability partner. The Teams of Two Challenge uses the power of partnership to encourage social interaction and motivate participants as they compete with a partner – in teams of two!



During this four-week challenge, participants work with their teammate to stay physically active and reach the top of the leaderboard by earning the most Wellable Points. Additionally, participants will receive weekly health tips about the benefits of working with an accountability partner.

Total Wellness Challenge: Wellness encompasses more than just physical activity and nutrition and bringing awareness to its unique dimensions can help build a holistic sense of fulfillment and well-being. The Total Wellness Challenge utilizes engaging videos to explore eight different well-being dimensions: (i) physical, (ii) social, (iii) spiritual, (iv) emotional, (v) occupational, (vi) environmental, (vii) intellectual, and (viii) financial.

By reinforcing the importance of each dimension, the educational resources provided during this four- to six-week challenge encourage participants to apply daily best practices and focus on well-rounded, healthy living!

World Longevity Challenge: During the World Longevity Challenge, participants embark on an educational journey to virtually explore the Blue Zones® – five places around the globe known to have the healthiest, longest living populations. During their travels, participants will learn about the lifestyles and habits of each unique culture and see the trends between these communities that have aided in prolonging and enjoying life.

This challenge can be configured as an individual- or team-based program. For each of the five weeks during the challenge, participants earn Wellable Points to virtually travel across the globe to visit the different communities. To make it to each community, they must achieve or exceed the level of Wellable Points associated with each one.