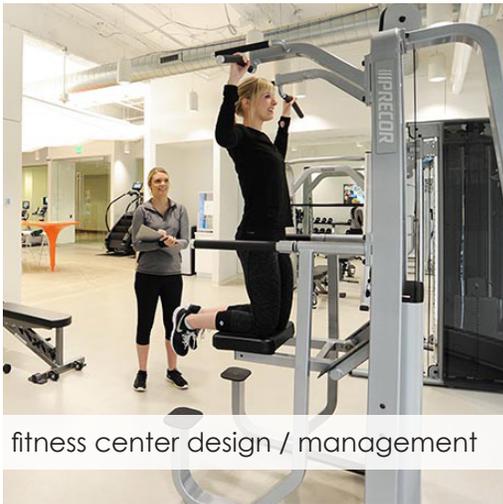


AdvantageHealth Corporation

www.advantagehealth.com | Bloomington, MN | ahinfo@advantagehealth.com | 612.823.4470

16 years in business • 225 past & present clients • 20 fitness centers • Clients in 20 states

Managed Corporate Fitness Centers | Award-winning Employee Wellness Programs | Consulting



fitness center design / management



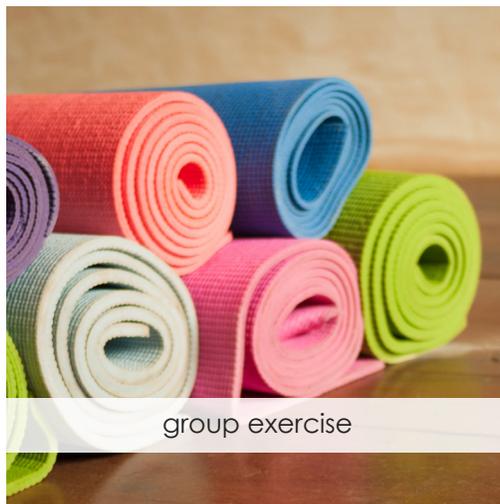
biometric screenings



lifestyle coaching



wellness seminars



group exercise



health assessments



program consulting



wellness tracking / portal



wellness challenges / campaigns

Infuse your wellness program with **new WELLNESS CHALLENGES!**

Stress Less

(7-week challenge)



Experts estimate that between 75 and 90% of all doctors' visits are for stress-related conditions. But there are proven ways to combat stress. Participants will learn breathing, progressive muscle relaxation, yoga stretches, meditation, exercise, planning your life and organizing your work space in this challenge.

Wellness Survivor

(8 or 12-week challenge)



Most of us are stuck in a state of simply surviving. Not thriving. Eating on the go, stressing out at work, fueling up on caffeine, sitting in front of the TV at night. Repeat. This challenge will offer participants new opportunities that can turn into healthy habits while participants try to stay on Resilience Island!

Happy & Healthy

(21-day challenge)



Participants will learn proven ways to improve their moods and raise happiness levels, both short and longterm. Each activity included provides a quick boost of positive emotions, improving participants performance and focus in the moment, as well as help permanently raise participants happiness baselines.

Amazing Race to Wellness

(6 or 8-week challenge)



Participants receive 3 wellness challenges to complete each week. Weekly themes include healthy eating, physical activity, social wellness, happiness & joy, stress management and emotional well-being. Answer questions / clues correctly each week for additional points.

Dog Days of Summer

(team-based challenge)



Teams of four compete to earn points based on exercise, proper nutrition, sleep, and other healthy behaviors during the summer months. Participants keep track of points on their tracking card each week that can be earned through recreational activity, cardio exercise & strength training.

NOT YOUR AVERAGE CHALLENGE.

Our wellness challenges reach far beyond physical fitness and address total well-being backed by the **latest research**. Challenges are the perfect way to infuse **healthy habits** into your worksite, while **building engagement, resilience and even team building!** **Many more challenges are available!** Visit advantagehealth.com.

EVERYTHING YOU NEED!

All challenges include:

- customization
- tracking card
- promotional materials
- education materials
- follow-up evaluation of challenge

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