

# EMPLOYEE WELLNESS CHALLENGES

that bring a *breath* of fresh air

## AdvantageHealth Corporation

[www.advantagehealth.com](http://www.advantagehealth.com)

### Stress Less

(7-week challenge)



Experts estimate that up to 90% of all doctors' visits stem from stress-related conditions. However, there are proven ways to combat stress. Participants will learn breathing, progressive muscle relaxation, yoga stretches, meditation, exercise, life planning and work space organization 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!

### Resiliency Challenge

(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 and joy, stress management and emotional well-being. Answer questions / clues correctly each week for additional points.

### Team Transform

(10-week challenge)



Teams of four compete to earn points based on exercise, proper nutrition, sleep, and other healthy behaviors over 10-weeks. Participants keep track of points on their tracking card each week that can be earned through recreational activity, cardio exercise and strength training.

### Whole-Being Bingo

(3-week challenge)



Self-Care includes these seven pillars: health literacy, self awareness, physical activity, healthy eating, risk avoidance, good hygiene, and optimal use of products and services. Whole-Being Bingo will help participants take active steps to improve their overall well-being and healthcare consumerism.

## Slim Down Challenge

(12-week challenge)



Move over Biggest Loser! Participants are challenged to lose weight - individually or team-based. Individuals or teams are confidentially weighed weekly. At the final weigh-in, the individual or team with the greatest percent of change wins! Option to offer bonus points for additional wellness challenges.

## Clean Eating Challenge

(7-week or 21-day challenge)



Clean eating is based on enjoying whole foods - fresh fruits and vegetables, whole grains and lean proteins instead of pre-packaged, processed foods or fast food. Participants are given one clean eating challenge each day. If they complete 17 out of the 21 challenges, they win!

## Deskercise

(4-week challenge)



Participants learn how to add more physical activity and fitness into their workday. Participants record a point for each day that they do one desk exercise and desk stretch, Monday through Friday. Plus, participants can earn extra points by completing weekly bonus challenges.

## Strong Bodies

(10-week challenge)



Participants will be emailed an "exercise of the week" (online demonstration video included!) to work on, plus workout tips designed to educate and motivate participants towards their fitness goals. At the end, all exercises can be combined into one, complete strength training circuit for a regular workout routine!

## Skyscraper Challenge

(6-week challenge)



Participants climb six of the tallest buildings in the U.S. The client identifies their site's staircases and counts how many steps are in each stairwell and records it. Every two steps is equal to one foot of the building to be climbed. A great way to encourage use of your stairwells vs. elevators!

## Power of Play

(4-week challenge)



Play can add joy to life, relieve stress, supercharge learning, and connect you to others and the world around you. Play can also make work more productive and pleasurable. During this challenge, participants learn about the benefits of play, how to define what play means to you, how to integrate play at work and beyond.

## Rethink your Drink

(4-week challenge)



Participants track current drinking habits for the first week to discover how healthy/unhealthy they are. For the following three weeks, they learn about hidden calories and sugars in drinks and how to find healthier options, then cut sugary beverages in half for three weeks.

## Deep Sleep Challenge

(3-week challenge)



Participants track their current sleep habits for the first week to discover how much they are actually sleeping and what habits are helping or hindering them. For the following two weeks, they try at least 10 out of 12 new techniques to help improve the quality of their sleep.

## Superfood Challenge

(4-week challenge)



Participants learn what superfoods are as well as how to include these foods in their diet during the challenge. Participants will also try new recipes, learn how to cook/serve these foods, and discover why these foods are considered "superfoods."



### New Year, New You

(5 or 10-week challenge)



Each week includes a different health focus: sleep, community involvement, organization, nutrition, physical activity, social/relationships, emotional, mental and spiritual health. Work towards achieving three goals each week.

### Hold the Holidays

(4-week challenge)



Participants record their pre-Thanksgiving weight and sign a contract. They commit to entering the New Year weighing less, the same or within two pounds of their pre-Thanksgiving weight with weekly weigh-ins.

### JustStep!

(8 or 10-week challenge)



Teams work to accumulate as many steps as they can, through any type of physical activity. A tracking device works best for this program (i.e. Fitbit or other device) to keep track of your steps. Can be set up as individual or team-based.

### Great White Challenge

(3-week challenge)



During this challenge, participants will reduce their intake of great white hazards - sugar, white flour, and salt - from their diets over the course of 3 weeks.

### Fight the Fatigue

(4-week challenge)



Participants learn and establish new habits that can help the body generate more energy. During this challenge, participants can try at least 10 out of 14 new techniques every day for 4 weeks to help improve their energy naturally.

### 30 Days of Mindfulness

(4-week challenge)



Participants learn simple tasks to become more present. While the primary goal is to encourage a greater sense of feeling present, these tasks also result in a greater feeling of calm, focus, empathy, appreciation, gratitude and balance.

### Total Detox Challenge

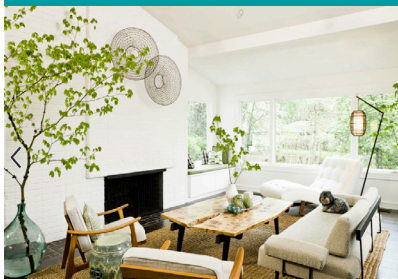
(4-week challenge)



During this challenge, participants detox various aspects of their lives including food, beverages, digital consumption, beauty/cleaning products, relationships and toxic thoughts.

### Simplify Your Life

(3-week challenge)



Participants learn simple tasks that they can do every day to be more present in life. Complete 15 or more of the 20 challenges, to be entered into a prize pool at the end of the challenge by turning in the completed challenge sheet.

### 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, resiliency and even community!**

### EVERYTHING YOU NEED!

All challenges include:

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



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