WELLNESS CHALLENGES

Wellworks For You
1615 West Chester Pike, Suite 104 West Chester, PA 19382
PH: 800-425-4657 : www.wellworksforyou.com
# Table of Contents

I. WellTrek Virtual Pedometer Challenge ................................................................................................................ 3  
II. 10k a Day .............................................................................................................................................................. 3  
III. 5-on-5 Challenge .................................................................................................................................................. 4  
IV. King of the Hill ...................................................................................................................................................... 4  
V. Wellness Roulette ................................................................................................................................................... 5  
VI. Wellness Derby ...................................................................................................................................................... 5  
VII. Wellness Jeopardy ................................................................................................................................................ 5  
VIII. Biggest Loser Challenge ..................................................................................................................................... 6  
IX. Maintain Don’t Gain ............................................................................................................................................ 6  
X. Wellness Passport ................................................................................................................................................... 7  
XI. Wellness 500 ......................................................................................................................................................... 7  
XII. Fall into Fitness Challenge .................................................................................................................................. 8  
XIII. Challenge Your Palate ......................................................................................................................................... 8
I. **WellTrek Virtual Pedometer Challenge**

Take a virtual tour through Europe, Canada or the US using our interactive pedometer tracking program, WellTrek! Easy-to-use logging tools will allow you to trek your way along your path, whether you are participating in a company-wide Pedometer Challenge or trekking along your favorite local bike path! This feature will motivate employees to increase the amount of walking they do each day and allows participants to see how far they have walked on a map as well as see a 360 degree view of their location!

- 8-12 Week Challenge
- Team or Individual Challenge
- USB Pedometer compatibility
- Individualized walking routes
- Weekly Reminders and tips to increasing your daily steps
- 360 degree view of your journey

II. **10k a Day**

10,000 steps is the recommended amount of steps we should walk each day. In this challenge, we encourage employees to take on average 10,000 steps per day and track their progress through the Wellworks for You Web portal. This is a great way to get employees moving while also making it fun through the virtual routes created on WellTrek.

- 8 or 12 Week Challenge
- Team or Individual Challenge
- Encourages Walking
- Burn calories
- Increases Productivity
- USB Pedometer Compatible
III. 5-on-5 Challenge

Join a team and eat healthy! Wellness 5-on-5 will give you the chance to join forces with four other co-workers and compete against other teams of five to help improve your diet and make healthier food choices.

- 8-12 Week Challenge
- Team Challenge
- 5 players to each team
- Score points by making healthy food choices
- Compete against other teams and co-workers to win the game

IV. King of the Hill

Climb the mountain of walking activities to earn the title, “King of the Hill!” Complete three separate walking goals across a span of three months and work your way up the mountain. Each peak contains a walking exercise that you must complete in order to move forward. This challenge helps instill regular walking habits across a 3-month period.

- 8-12 Week Challenge
- Individual Challenge
- Month 1: Walk 2,500 steps a day
- Month 2: Walk 5,000 steps a day
- Month 3: Walk 10,000 steps a day
- Helps to maintain a consistent walking pattern
V. **Wellness Roulette**

Each roulette number has a healthy habit associated with it. Complete as many healthy habits as you can throughout the 8-12 week challenge. The numbers will be tallied at the end and as long as the participant earns the minimum requirement, they get credit for completing the challenge!

- 8-12 Week Challenge
- Individual Challenge
- Increases healthy habits

VI. **Wellness Derby**

Did you know The Kentucky Derby race is 1.25 miles in length and is known as "The Most Exciting Two Minutes in Sports?" A play on the Kentucky Derby, Wellness Derby requires participants to complete healthy habits over the course of 8 weeks in order to move along the track. You will be able to download a Derby Track sheet which will provide you with your healthy habit list. As you complete a task, check it off on the sheet. Each activity during the month is derived from a distinct wellness category (Nutrition, Fitness and Mental Health).

- 8 Week Challenge
- Individual Challenge
- Increases healthy habits

VII. **Wellness Jeopardy**

Imagine a Jeopardy board filled with wellness answers from different health and wellness categories. Each answer has a certain amount of points associated with it. The participant must state the correct question to as many answers as they can for credit.

- 8 Week Challenge
- Individual Challenge
- Increases healthy habits
VIII. **Biggest Loser Challenge**

Have you been trying to lose those stubborn 5-10lbs but you just don’t have the time to step up your efforts? Try our corporate Biggest Loser Challenge! This 8-12 week Challenge will boast a supportive camaraderie throughout your workplace as participants push themselves and each other to eat better, exercise more and lose weight as they become healthier!

- 8-12 Week Challenge
- Individual or Team Challenge
- Weekly reminders with healthy tips, informative articles and new recipes
- Leader Board to keep employees motivated - No Individual weights posted!
- Virtual scale to track weight on the Wellness Portal

IX. **Maintain Don’t Gain**

Maintain Don’t Gain is a challenge that will help get you through the holidays! Did you know that Most Americans gain an average of about one pound during the holidays according to the National Institute of Health? While this might not seem like much, they usually don’t lose it, and over time it adds up! This holiday challenge can run 8-12 weeks and is designed to help participants stay focused on healthy eating and active living so they can keep off the extra pounds.

- 8-12 Week Challenge
- Individual or Team Challenge
- Weigh in before the start of the holidays
- Approximately 8-12 weeks later, participants will be “weighed out”
- Maintain or lose weight to receive credit
- Learn how to balance your diet throughout the holidays
X. Wellness Passport

The Wellness Passport Challenge will help you in creating and maintaining healthy habits while also traveling the world! This challenge requires you to complete a weekly healthy habit in order to travel to your next location. You will be able to download a Passport sheet which will provide you with your healthy habit list for the next two months. As you complete a task, check it off in the passport box. You can follow along the map to stay on top of your travels throughout this challenge.

✓ 8 Week Challenge
✓ Individual Challenge
✓ Promotes healthy habits
✓ Educates employees on various wellness topics

XI. Wellness 500

The Wellness 500 Challenge is an individual challenge that we created to motivate employees to implement healthy habits into their daily routines. Employees will receive a list of healthy habits related to fitness, nutrition and stress management. Each time they participate in one of the healthy habits they will earn laps in the challenge. The goal is to reach 500 laps, but employees are encouraged to exceed 500 laps and attain as many laps as they can!

✓ 8-12 Week Challenge
✓ Individual Challenge
✓ Weekly email reminders with informative articles and healthy tips
✓ Once a month participants submit their calendar
✓ Wellworks For You will keep track of all laps
✓ Monthly Leader Board
XII. Fall into Fitness Challenge

This 8-week Fall Fitness Challenge requires you to complete a different exercise each week. The repetitions for each exercise increase as the week goes on. If you are a beginner, follow the beginner repetition chart. For advanced participants, you may choose your own starting point and increase the reps each day.

- 8 Week Challenge
- Individual Challenge
- Promotes healthy habits and encourages physical activity
- Also available: Dive into Fitness Challenge, for the summer months

XIII. Challenge Your Palate

Challenge Your Palate encourages you to develop healthy eating habits that will stay with you for the rest of your life. This challenge requires you to complete different healthy eating habits over the course of eight weeks. As you complete a task, check it off on your challenge form. Make sure to maintain each week's healthy habit throughout the length of the challenge.

- 8 Week Challenge
- Individual Challenge
- Promotes healthy eating habits

IMPORTANT!

All of the challenges listed above are just examples of what Wellworks can implement for your company. We are more than willing to work with whatever ideas you may have to design a custom challenge or even help to manage and track an existing challenge you are currently running.