



# BE ACTIVE CHALLENGE

Sign-up: 2/2 – 3/2 » Challenge Starts: 2/16 » Challenge Ends: 3/16  
15 wellness points earned if completed



The Wellness Works Be Active Challenge is a four-week individual challenge that encourages more daily physical activity.

You should try for moderate or vigorous activity each day, but any activity can improve health.\* To add activity to your day, take the stairs, park farther from your destination, and, when possible, walk instead of driving.

## Here's how the challenge works:

Award yourself one point for each day you do any of the following:

- » Take the stairs instead of an elevator
- » Skip the drive-thru window
- » Park farther away
- » Complete at least 30 minutes of physical activity
- » Change the TV channel/volume manually

**Your goal: reach 20 challenge points to earn 15 wellness points.**

## Challenge Sign-up:

- » Log on to [www.sjviawellnessworks.com](http://www.sjviawellnessworks.com)
- » Scroll down to the **Challenges** section
- » Click **Go to Challenges** to display details around dates, challenge goals, disclaimers, and sign up for current challenges
- » Click **Sign Me Up** to progress to the sign-up screen
- » Create a screen name and select an avatar

## Challenge Tracking:

- » Log on to [www.sjviawellnessworks.com](http://www.sjviawellnessworks.com)
- » Track your progress from the **Challenges** section of the homepage



Questions about this challenge  
or your wellness program?

Call 888-VIVERAE (848-3723).

\* A physician should be consulted prior to beginning a new program of physical activity, especially for men over age 40, women over age 50, and those individuals with chronic health problems, such as heart disease, diabetes, or obesity.



# STEP AHEAD CHALLENGE

Sign-up: 4/6 – 5/4 » Challenge Starts: 4/20 » Challenge Ends: 5/17  
15 wellness points earned if completed



The Wellness Works Step Ahead Challenge is a four-week personal challenge that increases the number of steps taken each day.

Research proves simple exercises, like walking, lower your risk of heart disease, diabetes, and some forms of cancer.\*

## Here's how the challenge works:

Use a pedometer to track your steps each day of the challenge. Log your steps on the Wellness Works website. You can make up for a small number of steps one day by walking more steps the next.

**Your goal: log a total of 100,000 steps (a maximum of 12,000 in one day) to earn 15 wellness points.**

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# 15 FOR ME CHALLENGE

Sign-up: 6/8 – 7/6 » Challenge Starts: 6/22 » Challenge Ends: 7/20  
15 wellness points earned if completed



The Wellness Works 15 for Me Challenge is a four-week individual challenge that encourages healthy ways to manage stress.

Stress is a daily reality for most of us. If you can't manage stress well, you may experience headaches, sleeping problems, illness, and depression.

## Here's how the challenge works:

Award yourself one point each day you spend at least 15 minutes experiencing or performing any of the following stress management activities:

- » Massage
- » Meditation
- » Journaling
- » Physical activity
- » Yoga and other stretching exercises

**Your goal: reach 20 challenge points to earn 15 wellness points.**

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# WEIGH 2 WIN CHALLENGE

Sign-up: 9/17 – 10/5 » Challenge Starts: 9/21 » Challenge Ends: 12/14  
15 wellness points earned if completed



The Wellness Works Weigh 2 Win Challenge is a 12-week individual challenge that encourages safe, long-term weight management.

Your goal is weekly, gradual weight loss through healthy eating, exercise, and getting plenty of sleep.

## How the challenge works

Award yourself one point for reporting a weekly weigh-in. Award an additional point for maintained or lost weight during the week.

If possible, use the same scale for weigh-ins throughout the challenge.

You can track your weight in the notes section. This information is not visible, nor will it be shared with your employer.

**Your goal: reach 15 challenge points to earn 15 wellness points.**

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