

work  
HEALTHY  
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HEALTHY



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## 2018 WELLNESS CHALLENGES

Take your company wellness program to the next level with the Work Healthy Live Healthy challenges. The turn-key challenges will elevate your employees and motivate them to start climbing towards a healthier lifestyle. The wellness portal is perfect for those groups wanting a central platform for the web-based delivery of company challenges, trackers, healthy resources, incentives and other wellness services. Participate collectively as an organization to receive co-branded marketing materials with support and guidance for program roll-out. All challenges are also open to individual members of the community, so grab your coworkers, friends or family members and let's get healthy!



### 10 WEEK ELEVATE CHALLENGE

JANUARY 22- APRIL 1, 2018

Registration opens January 2, 2018

Elevate! motivates participants to start climbing toward a healthier lifestyle — and it pushes them to climb higher each and every week. Participants work to achieve activity goals that increase in intensity as the challenge continues. No matter what level of activity you are at, you'll be provided with suggestions to add activity minutes to your day. Sync your favorite devices or apps to make tracking activity minutes easy. Participants and organizations have chances to win prizes weekly and at the end of the challenge.



### SHAKE THE SUGAR CHALLENGE

SEPTEMBER 3-30, 2018

Registration opens August 13, 2018

Our advanced nutrition challenge tasks participants with monitoring their sugar intake and keeping it below the national recommended allowance per day. Each week, participants receive advice, healthy recipes and encouragement to stay on track for success. Track your progress, set goals, and create healthy habits. Participants and organizations have chances to win awards and prizes.

## Learn More



**Questions?** Contact Teresa Scott- [teresa.scott@stjoe.org](mailto:teresa.scott@stjoe.org)  
or call (707) 525-5300 x 3189



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