

What style of challenge works best for your work environment?

Participating in wellness challenges is a great way to create healthy lifestyle habits, and a fun way to bond with co-workers and colleagues. Below are different types of challenges you could try. These can be individual challenges or done as a team. Have fun!

Challenges

- 1 STEP CHALLENGE** – Use a pedometer, Fit Bit or Carrot Rewards app to track the number of steps you take each day. Have staff members record their steps each day
- 2 POINT CHALLENGE** – Points are assigned to various activities, recorded and tallied
- 3 MINUTES CHALLENGE** – The minutes spent performing a physical activity during the workday are recorded
- 4 HEALTHY EATING CHALLENGE** – Points are assigned for each day you bring 1 fruit and 1 vegetable
- 5 WATER CHALLENGE** – Points awarded for every glass of water you drink
- 6 BOARD GAME CHALLENGES** – for example Twister or Scrabble, etc.

Tips

- Incorporate physical activity into staff gatherings
- Host staff bonding activities outside of working hours
- Offer incentives for any challenge to get more people participating
- Create staff spirit by completing any of the listed challenges in a team environment and have teams compete against each other
- Use our ‘wellness calendar’ to track your healthy habits throughout the month of April

