Individual and Team Challenges with Social Networking

The Healthy Challenges platform supports a variety of programs you can use throughout the year. Challenges cover Activity, Weight Loss, Nutrition & Sleep. Deploy up to four a year!

The Digital Coaching tools help participants set guideline-based goals, proactive accountability and reminders, and receive personalized feedback on progress.

Participation in challenges is easy! Online, phone, text message, or iPhone/Droid app.

**WALKING + PHYSICAL ACTIVITY**

**Team Walking & Activity Minutes Challenge**
* Teams compete to get the most physical activity.
* Emphasizes the USDA guidelines of 150 minutes per week.
* Participants log steps or minutes of any activity.

**Million Step Challenge**
* Individuals compete to reach a destination or a number of steps. Everyone can achieve the objective; there is not just one winner!
* Other activities (swimming, bicycling, etc) count towards steps.

**NUTRITION**

**Fruits & Veggies Challenge**
* Focus on increasing good choices – not denying favorite foods.
* Emphasizes USDA “Half Your Plate” guidelines.
* Fruit & Veggies have great nutrition, and “crowd out” calorie-dense foods.

**Hydration Challenge**
* Drinking water before meals is an effective aid to portion control.
* Encourages replacing high-sugar beverages with water. Proper hydration is important for alertness & productivity.

**WEIGHT MANAGEMENT**

**Maintain – Don’t Gain Programs**
* Gives participants a sense of control over their weight.

**Team Weight Loss Programs**
* Team format ensures social support.
* Focus on healthy BMI through food and exercise choices.
* Compete on Weight Loss % across the team.
* Individual weights can stay private.
* Allows for validated weigh-ins as well as self-report.

**LIFE BALANCE (SLEEP + STRESS)**

**Sleep Challenge**
* Sleep quality is related to productivity, weight changes and depression.
* Emphasizes good habits that help people get better quality sleep.
* Educates about sleep-damaging habits like late-night TV and alcohol.

**Stress Reduction Challenge**
* Chronic stress is related to medical conditions.
* Emphasizes positive activities to make participants less affected by stress.
* Challenge tracks minutes spent in activities such as progressive relaxation, breathing exercises and meditation.