

Challenge

Engage

Reward

Where Virtual Adventures become INTERACTIVE, ENGAGING, REWARDING, and most of all FUN!

Physical Activity Challenges

Healthy Eating Challenges

Healthy Weight Challenges

Overall Wellness Challenges

Stress Management Challenges

PHYSICAL ACTIVITY

OVERALL WELLNESS

HEALTHY WEIGHT

- Get Your Fit on Route 66
- Rock Your Way to Wellness
- Around the World
- Cross Canada Fitness Adventure
- Amazing America Fitness Expedition
- Hollywood Stars Walk to Fame
- Lost City Ciudad Perdida Trek
- Tour De France Challenge
- Twas the Night Before Christmas
- Trek Nepal Wellness Adventure
- Get Fit Crime Mystery
- Race to Mount Olympus

- Healthy Brain Challenge
- Save Up!
- Snooze or Lose
- Beat the Flu Challenge
- New York Minute Office Worker's
- The Beat Goes On
- Cancer Awareness Challenge
- Them Bones
- Going for Growth
- Summer Fun
- Better Together
- Smoking Cessation

- The Great Hot Air Balloon Race
- Arrr Matey Lose Your Booty!
- Wacky World of Sports Weight Loss

HEALTHY EATING

- One Month Madness
- Nutrition 101
- Eat the Rainbow Challenge
- Healthy Holiday

STRESS MANAGEMENT

- Be Kind to Your Mind
- Disconnect and Reconnect
- No Time Like the Pleasant

