



2022-2023 WELLNESS CHALLENGES

Participants who meet the challenge goals will be eligible for raffle prizes! Additional information will be shared with employees in advance of each challenge.

WALK THIS WAY CHALLENGE

Track 50,000 steps per week, for a total of 200,000 steps by the end of the challenge!

Registration: August 1 – August 14, 2022

Registration Raffle: Reflective exercise band

Challenge Dates: August 15 – September 11, 2022

Grand Prize Raffle: \$250 Walking Company gift card

CHILL OUT CHALLENGE

Track 5 mindfulness activities each week to relax and reenergize.

Registration: November 21 – December 4, 2022

Registration Raffle: Book light

Challenge Dates: December 5 – December 18, 2022

Grand Prize Raffle: Amazon Kindle

HEALTHY SELFIE CHALLENGE

Upload 1 healthy picture per week, based on the weekly themes.

Registration: January 23 – February 5, 2023

Registration Raffle: Tripod phone stand

Challenge Dates: February 6 – March 5, 2023

Grand Prize Raffle: Fujifilm instant camera

STEP UP TO THE PLATE CHALLENGE

Eat the rainbow by consuming 5 servings of fruit & veggies each day.

Registration: April 10 – April 23, 2023

Registration Raffle: Carhartt insulated lunch cooler

Challenge Dates: April 24 – May 21, 2023

Grand Prize Raffle: \$250 Container Store gift card