

MARQUEE HEALTH

WELLNESS CHALLENGES



CHILL OUT

Meditation Challenge: Find balance and practice mindfulness by tracking number of minutes of meditation each day. Whether participants have a regular practice or are new to meditation, this challenge will make it accessible for everyone to find moments of peace. Weekly themes include an introduction to meditation, different ways to incorporate meditation into your day, connecting with nature, and mindfulness with electronics.



RETHINK YOUR DRINK

Water Challenge: The Human Body is almost 70% water, making proper hydration one of the most important ways to improve your health! The Healthy Hydration Challenge will help bring awareness to how much water you are drinking each day and motivate you to increase consumption each week of the challenge.



FIND YOUR 30

Physical Activity Challenge: Walking challenges aren't for everyone. Find Your 30 invites employees to participate in a fun, competitive physical activity challenge which highlights overall fitness. Endurance, strength and flexibility activities are tracked with a goal of 30 minutes of activity each day, 5 days a week!



DROP 5

Weight Loss Challenge: Losing just five pounds can reduce participants' risk of many diseases including heart disease, high blood pressure, sleep apnea and diabetes. The Drop 5 Challenge can be a fun, friendly competition between work teams or individuals and a great way to help employees get started on the healthier lifestyle they are seeking. During this six-week challenge, participants will receive a challenge kit including weight loss resources, a walking plan and much more.



COUNTING SHEEP

Sleep Quality Challenge: Sleep isn't just for babies, and as adults, it's something we often put on the backburner. Getting a good night's sleep can make our day much better, not to mention safer. In Counting Sheep, participants will learn about and track their own healthy sleep habits, including total sleep time, and perceived quality of their shut eye. Counting Sheep is designed to inspire participants to be more productive in their working hours, and still have energy to enjoy the recreational life.



MAINTAIN, DON'T GAIN

Weight Management Challenge: Maintaining weight loss can be challenging, sometimes harder than losing the weight in the first place. The Maintain, Don't Gain challenge helps participants keep the weight off in a supportive environment. Participants self-report starting and ending weights and receive ongoing education and motivation during the challenge.



STRESS LESS

Stress Management Challenge: Stress can impact many different areas of our lives. Employees who participate in the Stress Less challenge are taking steps towards their overall wellbeing. Participants are encouraged to complete five activities per week to help them feel better and stress less.

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MOOD BOOST

Nutrition Challenge: Did you know the food you eat to fuel your body has a direct impact on how you feel? The Mood Boost Nutrition challenge celebrates food as fuel and encourages participants to track five servings of mood boosting foods each week. Nutrition tips and healthy meal ideas are shared with participants to help them incorporate key nutrients into their diet to improve memory, reduce anxiety, feel more energized, and more!



WALK THIS WAY

Walking Challenge: Walking is a fast and effective way to increase your health and fitness. Individuals will work toward a common goal of walking at least 50,000 steps per week, for a total of 200,000 steps by the end of the 4-week challenge. In Walk This Way, participants are responsible for reporting their steps on the wellness platform each day.



HEALTHY HEART

Heart Health Challenge: There are many ways to improve heart health – from eating a nutritious diet, exercising, practicing stress management techniques, and more! Each week will focus on a different theme and the weekly emails will provide education and tips to improve your heart health.



HEALTHY SELFIE

Healthy Lifestyle Promotion: Social media can provide a positive influence by design. The Healthy Selfie challenge encourages participants to upload one picture of themselves (alone or with loved ones) per week while doing something healthy, based on the weekly themes. Faces and names are not required (for those who may be concerned about privacy).



STEP UP TO THE PLATE

The Fruit and Vegetable Challenge: Putting produce first can reduce the risk of obesity, heart disease, some cancers, diabetes, and hypertension – all while increasing energy. Fill half of your plate with a rainbow of colors from red, orange, yellow/white, green, and blue/violet to gather up a wide range of nutrients. Step up to the plate and include at least five servings of fruits and vegetables each day.



UNPLUG TO RECHARGE

Digital Detox Challenge: Participants will pause, reflect and reconnect with themselves and the people around them by reducing the amount of time spent using technology. The goal is to track one tech-free activity per week to reap the benefits of being unplugged.



PAY IT FORWARD

Kindness Challenge: Being kind to someone could begin a domino effect, enabling one simple act of kindness to go a long way and touch many other lives. Participants will be asked to 'Pay It Forward' by completing eight of the suggested activities over the course of this 2-week challenge.