



# Health & Wealth Challenges



## Physical Activity

Employers can configure these health challenges to include individual or team based challenges. All activities are tracked in the online activity tracker and converted to steps, eliminating the need to purchase pedometers and encouraging participants to engage in the activities they enjoy. We recommend at least two (2) companywide physical activity challenges per calendar year. Implementation during the spring and the fall are great ways to encourage participants to get outdoors. All physical activity challenges are four (4) weeks in duration.



## Weight Management

Managing and/or losing weight is never easy. One of the best prescriptions for weight loss is to provide a companywide weight loss challenge that is supportive and fun. Teams can compete to see who can lose the highest percentage of weight or challenges can be run on an individual level. Participants track their weight in the online weight tracker. January is the ideal implementation and aligns with New Year's resolutions when most people have made a commitment to get healthy and lose weight. Get senior management involved with our "Take the Pledge" weight loss challenge. Weight management challenges can be four (4), six (6) or eight (8) weeks in duration.



## Health and Wealth

Almost every individual, with a few exceptions, can DO something about their health and personal finances. In fact, these same individuals can improve their ability to accumulate wealth immediately just by improving their health habits. These challenges are designed to help participants understand the connection between health and wealth, promote the use of the Health Index Calculator and provide simple solutions and action steps to take that may impact their health and wealth. These can include educational modules/quizzes or savings games (savings tracker) like our "Penny a Day" challenge that helps individual's realize wealth to invest in their future. All Health and Wealth challenges are four (4) weeks in duration.

A StayFit Plan Wellness Consultant will work with you to create client specific Health Challenge themes and communications that are culturally appropriate for your workforce to encourage optimal participation.