

Wellness challenges are a great way to build and motivate your team while you spend some time getting healthier together.

## Share your Steps

Aim for 10,000 steps per day. Challenge your teammates to achieving a minimum step count every day.

## Good Night, Sleep Tight

Rest is as important as training. See who can shut it down and get a good nights rest every night.

## Walk Like Terry

Terry ran a marathon a day for 42 days. Challenge your team to walk every day for 42 days like Terry did.

## Build Some Muscle

Every hour, challenge your colleagues and teammates to a short session of exercise like squats, calf raises and lunges.

## Unplug and Unwind

Hold a Screen Time Challenge to encourage teammates to spend less time on a device. Why not pick up a book about Terry!

## Stretch It Out!

Share a free stretching video with your teammates and encourage them to take some time to stretch and reboot their bodies.

## Fuel your Effort

Host a healthy salad jar or smoothie making Lunch and Learn for your teammates to make meal time easy.

