

CoreHealth NOW Challenge Catalog



Physical Activity



New Year New You

Start the year with a strong foundation. Build small and consistent habits each day to help start a foundation you can build off of for a healthier new year.

Physical Activity



Going for Gold – Winter Olympics 2026

Track your daily activity to take a virtual journey through the Italian locations of the 2026 Winter Olympics!

Physical Activity



Recharge Your Rest

Build consistent habits that improve sleep quality, boost energy, and support overall well-being – even during darker winter months.

Stress Management



Down to Earth

Help the ecosystem and boost your health in the Down to Earth challenge!

Well-Being



Better Together

Improve overall wellbeing by spending time with family and friends.

Stress Management



Around the World

Track your activity to take a virtual journey around the world!

Physical Activity



Tour de France

Track your daily activity to take a virtual journey through the 2011 Tour de France route!

Stress Management



Face to Face

Focus on workplace face-to-face interaction to improve wellness and productivity.

Physical Activity



Cross Canada Fitness Adventure

Log your daily activity to earn points and virtually trek across Canada, seeing the sights along the way!

Physical Activity



Wacky World of Sports Weight Loss

Ever heard of Flug Tag, Zorbing, or Octopush? Log your activity and improve your health as you go!

Physical Activity



Maintain Don't Gain

Enjoy the holidays while staying healthy!

Physical Activity



Mystery Sport Challenge

Solve a mystery as you track your activity and take a virtual walk through London, finding clues along the way.

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Stress Management



Be Kind to your Mind

When you give to others, you're giving back to yourself! Helping others improves your mental well-being and leaves you feeling good about yourself.

Stress Management



Beat the Flu

This flu season, reduce your chances of getting sick with daily activities to help keep you healthy.

Stress Management



Disconnect to Reconnect

Technology can be very distracting. Break your bad tech habits and get reconnected with the people in your life.

Well-Being



Healthy Brain

Keep that brain healthy! Get active, consume brain healthy foods, social activities, and new skills to keep that brain strong.

Stress Management



30 Days to a Healthier You - Mental & Emotional Well-Being

Join the 30-day challenge to build resilience, reduce stress, and enhance your mental and emotional well-being.

Stress Management



30 Days to a Healthier You - Physical Health

This challenge encourages members to build sustainable healthy habits over 30 days, focusing on physical health.

Stress Management



30 Days to a Healthier You - Nutrition and Healthy Choices

This challenge encourages members to build sustainable habits, focusing on nutrition and healthy choices.

Stress Management



30 Days to a Healthier You - Personal Growth & Productivity

This challenge encourages members to build sustainable healthy habits, focusing on growth and productivity.

Physical Activity



Hollywood Walk to Fame

This 8-week activity challenge is designed for active people. Start in New York and end in LA!

Physical Activity



Lost City Ciudad Perdida Trek

Take a virtual journey to The Lost City or Ciudad Perdida in the jungles of South America.

Stress Management



No Time Like the Pleasant

This Corporate Relaxation challenge encourages workers to engage in simple relaxation tasks throughout the day.

Alternative Template Available!

Physical Activity



Race to Mount Olympus

Take a virtual journey through the Greek countryside to Mount Olympus - race the Greek gods as you go!

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Physical Activity



Rock Your Way to Wellness

Track daily activity, while visiting the birth places of some of our favourite members of the Rock & Roll Hall of Fame.

Physical Activity



Get Fit on Route 66

Tracing the actual route from Chicago to Santa Monica, have fun exploring the historic landmarks.

Well-Being



Them Bones

Track your daily bone-healthy activities to stay strong!

Physical Activity



Wonders of the Ancient World

Track your activity to take a virtual adventure to the summit of Mt. Everest!

Physical Activity



Trek Nepal Wellness Adventure

Take a virtual journey through the Himalayan county of Nepal, all the way to the summit of Mt. Everest!

Want the flexibility to choose your own scheduled or anytime challenges?



Configurable options are available.

Contact us to learn more.