

# 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.

# CoreHealth NOW Challenge Catalog



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!

# CoreHealth NOW Challenge Catalog



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 country 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.