

# CoreHealth Pro Challenge Catalog



## Physical Activity Challenges



### Get Fit on Route 66

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



### 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.



### Around the World

Grab your compass and map and get ready for an epic journey! Visit the Wonders of the World.



### Cross Canada Fitness Adventure

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



### Amazing America Fitness Expedition

From Yosemite to salmon fishing in the Pacific, see the beautiful USA in this activity-based step challenge.



### Hollywood Stars Walk to Fame

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



### Lost City Ciudad Perdida Trek

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



### Tour de France

You don't have to be a cyclist to partake in the Tour de France Challenge - track activity to see your progress on the Tour de France route.



### Twas the Night Before Christmas

Watch for the map pop-ups along Santa's route to learn how different countries celebrate Christmas!



### Trek Nepal Wellness Adventure

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



### Get Fit Crime Mystery (Scavenger Hunt)

A piece of sporting equipment has been stolen! Figure out what was stolen and learn fun facts with Sherlock Holmes.



### Race to Mount Olympus

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



### Wacky World of Sports Weight Loss

Earn points for physical activity, drinking water, and eating fruit & vegetables with funny facts about the craziest sports.

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## Nutrition Challenges



### One Month Madness

A four-week challenge that follows the USDA's dietary guidelines for healthy nutrition for Americans based on a 2,000 calorie per day diet.



### Nutrition 101

Study a new healthy eating habit each week for six weeks! This challenge combines learning with simple nutrition goals to take you to the top.



### Eat the Rainbow

Get the right amount of fruits and veggies! Drag fruits and veggies on to the plate and watch as the rainbow fills up with color.

## Well-Being Challenges



### Healthy Brain

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



### Save Up!

Track and learn the basics of personal finance in this 5-week long challenge. Explore budgeting, spending wisely, saving and investing.



### Snooze or Lose

Build consistent and positive sleep habits and feel more refreshed, rejuvenated, and ready to take on anything.



### Infection Protection

Autumn is the beginning of flu season. Earn points for doing simple flu prevention activities to boost your immune system and protect others.



### The Beat Goes On

Heart Disease and Stroke may be a leading cause of death, but CVD is largely preventable. Start this challenge!



### Cancer Awareness

This challenge teaches healthy practices that reduce risk through changing our habits that can prevent two-thirds of all cancers.



### Summer Fun

The Summer Fun challenge is designed to encourage engagement in healthy and fun activities during the summer months.



### Better Together

Improve overall well-being by spending time with family and friends during this 4-week challenge.



### Smoking Cessation

Need support on how to butt out? This challenge can aid in improving the length and individuals' quality of life.

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## Stress Management Challenges



### Be Kind to your Mind

This 2-week challenge is all about personal enlightenment. Earn up to 400 points per day through random acts of kindness to others and yourself.



### Disconnect to Reconnect

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



### No Time Like the Pleasant

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

**Alternative Template Available!**



### Face to Face

Level up workdays to be more social, fun, productive and healthy in this 4-week challenge!



### Down to Earth

Discover easy ways to save energy, reduce waste, cut down on emissions, maintain clear water, and more with this challenge!



### 30 Days to a Healthier You - Mental

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



### 30 Days to a Healthier You - Physical

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



### 30 Days to a Healthier You - Nutrition

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



### 30 Days to a Healthier You - Personal Growth

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

## Create Your Own Custom Challenges

Want to customize your challenge? We've got you covered! Our Challenge Wizard gives you complete control over:

- Challenge title and description
- Target audience and duration
- Participant instructions and messaging
- Scoring structures and engagement mechanics
- And much more!

Looking for something unique? Bring us your ideas, and our team will help bring them to life.