




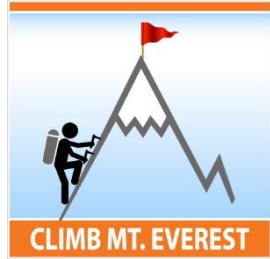




HPMI Client Wellness Challenge Descriptions (2018)



Challenge Name		Length	Type	Team/Ind	Challenge Description
CAMPAIGN 1: DRIVE					Choose Your Direction. Take the Wheel. DRIVE.
Pedal to the Metal		30 days	Healthy Habit	Individual	Participants put the "pedal to the metal" by practicing one habit for 30 days that aligns with their purpose and brings them closer to the vision of their best self. The challenge serves as a kickstart to the new year. Annual challenge.
CAMPAIGN 2: MOVE					Today's Your Day. Make Your MOVE.
Get Up, Get Moving!		6 weeks	Activity	Team	Participants focus on working short bouts of activity into their daily routine to combat the detrimental effects of too much sitting time.
Step It Up		6 weeks	Walking	Team	Participants focus on meeting the weekly goal of 37,500 steps. They will measure the amount of walking using steps and are encouraged to use wearable devices.
Route 66		8 weeks	Walking	Team	Participants travel on one of the most famous roads in the United States – Route 66. The goal is to travel the entire distance (through 8 states and 3 time zones) of the “Mother Road” by the end of the challenge.
Fit, Flexible and Strong		6 weeks	Activity	Team	Participants focus on increasing muscular endurance, strength, flexibility and range of motion. Each participant gets a fit band and stretching and strength-training exercises. Additional Cost: Theraband for each participant (cost \$4-\$6/each)
Climb Mt. Everest		6 weeks	Walking	Team	Participants focus on increasing their daily steps by “climbing” from Base Camp to the summit of Mt. Everest, 11,335 feet, over a 6 week period. The weekly goal of this challenge is 50,000 steps.
Backpack Through Europe		6 weeks	Walking	Team	This virtual tour is specially designed to give the full experience of backpacking through Europe, from scenic spots to fun facts to delicious-and healthy-local recipes. The goal is to walk at least 50,000 steps per week for a total of 300,000 steps.

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CAMPAIGN 3: NOURISH					Fuel. Boost. Thrive.
Color My Plate		4 weeks	F&V	Individual	Participants "color their plate" each week with fruits and vegetables from the various colors of the rainbow. They receive tips on how to incorporate F&V into their diet as well as weekly recipes.
Choose to Lose		6 weeks	Weight Loss	Individual	Participants focus on approaching weight loss and weight management as a series of healthy choices made on a daily basis that eventually becomes a lifestyle.
Sugar Buster		4 weeks	Reduce sugar	Individual	Participants focus on decreasing their sugar intake by replacing sugar with better choices.
Healthy Start		4 weeks	Healthy Breakfast	Individual	Participants focus on eating breakfast and improving the quality of the first meal of the day.
Let's do Lunch		4 weeks	Healthy Lunch	Individual	Participants focus on optimizing energy for the second half of the day with a healthy, balanced lunch. Participants will master 4 new skills to make lunch healthy and fun.
CAMPAIGN 4: BALANCE					Relax. Restore. Recommit.
Random Acts of Kindness		4 weeks	Kindness	Individual	Participants achieve a deep sense of joy and peace by practicing Random Acts of Kindness (RAK) towards their family, co-workers, the community and anyone else they may come into contact with on a daily basis.
Be Mindful		4 weeks	Mindfulness	Individual	Participants learn and practice proven mindful techniques to be present, peaceful, and placid. Techniques include simple awareness, deep breathing, meditation, and movement skills that foster mindfulness.
Be Optimistic		4 weeks	Positive Thinking	Individual	Participants focus on improving their outlook on life by identifying 3 unique positive things about their life during the challenge.

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Energetic Living		4 weeks	Boosting energy	Individual	Participants focus on increasing their daily energy level by performing specific energy-boosting activities for body, mind and soul. By the end of the challenge, participants will have developed a new, energizing habit that contributes to their health and happiness.