

HEALTHY HABITS CHALLENGE

KEEP YOUR EYE

ON THE PRIZE!

**CHANGE YOUR HABITS,
CHANGE YOUR LIFE.**

**SET GOALS FOR HYDRATION -
ONE EXTRA GLASS A DAY.**

MAKE SMART FOOD SWAPS.

**GET IN THE GREEN -
EAT MORE VEGETABLES.**

**BREAK UP TIME SPENT SITTING -
ADD IN PHYSICAL ACTIVITY.**

**COMPLETE HEALTHY TASKS, EARN BALLOTS,
AND HELP YOUR TEAM WIN!**

DATE:

 **CORPORATE WELLNESS**
MEMBERSHIP

Powered by:

 **EMPLOYEE WELLNESS**
SOLUTIONS NETWORK