

**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