

WORKPLACE WELLNESS

Health & Wellness Challenges



HEALTHY LIVING
challenge

Focus on a variety of tasks that help support healthy living! A different set of weekly tasks help individuals earn points and introduce healthy habits into their day-to-day.

14-day wellness challenge

SELF care CHALLENGE

Self-care is about caring for your physical, mental, and emotional health and that's what this challenge is all about. Weekly tasks provide ways to recharge, refresh, reconnect, and refocus.

14-day wellness challenge



Minutes of Movement is a team-based challenge designed to motivate you to move doing activities you enjoy. Physical activity is an important part of a healthy lifestyle, so we'll work together to add more movement to our day – every day!

14-day wellness challenge



This 2-week challenge focuses on the many habits that contribute to a healthy lifestyle. Exercise, healthy eating, mental health, financial well-being... we'll do it all!

14-day wellness challenge



An individual challenge that helps you stay focused and organized with tasks and responsibilities, and balance that with making time to pause and reset. It also offers daily tasks intended to relieve stress and help you to reset your body, mind, and spirit.

7-day wellness challenge



A team-based challenge designed to motivate you and help you eat well to live well. We'll focus on simple things you can do eat better and make healthier choices about what and how you consume food.

21-day wellness challenge



Wellness is about your WHOLE self, and this challenge offers simple activities that nurture your mind, body, and soul. Weekly tasks focus on one of these aspects of wellness to inspire you to adopt some healthy habits into your life.

21-day wellness challenge



Walk, run, hike or job your way across Ontario (or beyond)! Work as a team to accumulate steps and climb the leaderboard to win the race.

14-day wellness challenge