

Wellbeing Challenges

*Holistic, Up-to-Date Resources
for All Participant Needs*

navigate^o

Wellbeing Solutions

Wellbeing is about more than exercise and nutrition. All of these areas are related, and disrupting one has ripple effects across all aspects of a person's wellbeing:



That's why Navigate's holistic, annually updated library of group challenges help clients break this cycle of disruption with comprehensive resources covering each area of our **Power of 8** philosophy:



Purpose



Physical



Mindfulness



Nutrition



Social



Balance



Financial



Community

Challenges: How They Work

- Clients choose challenges with topics that are important to their audience.
- Included communications (a registration campaign and weekly newsletters with wellbeing education) ramp up awareness and maintain engagement.
- How to participate varies by challenge, but it always includes the portal. As users track their progress in each challenge, they are further engaged by additional tools and resources: video learning courses, recipes, grocery store discounts and more.

Challenge	Power of 8	Description	How to Participate
		<p>Crush Your Cravings Everyone has their own unconquerable cravings – French fries, donuts, that tasty pizza place just around the corner. But it’s time to fight back! Each week of this four-week challenge, learn new ways to combat common cravings and take control of your daily diet.</p>	<p>Complete daily tasks, then visit the portal’s dashboard and check “I Did This” on your challenge to-do list.</p> <p>Duration: 4 weeks</p>
		<p>Sugar Smackdown It’s hard to say goodbye to soda, candy, donuts and ice cream, but the health benefits are worth it! This challenge teaches you to combat sweet, sweet temptation and limit the sugar in your diet. Join and learn convenient ways to reduce your risk of obesity, heart disease and diabetes, as well as day-to-day issues such as headaches, fatigue and mood swings.</p>	<p>Each day of the challenge, limit your added sugar intake to below the recommended daily allowance (37.5 grams for men and 25 grams for women). Then, visit the portal’s dashboard and check “I Did This” on your challenge to-do list.</p> <p>Duration: 4 weeks</p>
		<p>Fill'er Up No carbs. Low fat. No meat. All meat. It’s easy to get lost in the world of fad diets and overlook one simple, sustainable way to improve your health—drinking more water! Join this four-week challenge and discover the short- and long-term health benefits of proper hydration.</p>	<p>Track your daily water intake in ounces and record using the challenge to-do list on the portal’s dashboard.</p> <p>Duration: 4 weeks</p>
		<p>Lose to Win Proper health is about more than just a healthy weight, which is why this challenge asks you to lose lots of things – diet-ruining beverages, calorie-filled plates, high levels of day-to-day stress and more. At the end of the six weeks, you’ll see how a series of small tweaks to your daily diet can lead to huge, sustainable health benefits!</p>	<p>Record your weight once per week by using the challenge to-do list on the portal’s dashboard.</p> <p>Duration: 6 weeks</p>
		<p>Walk the Walk Do good for others and do good for yourself! This six-week challenge encourages you to get involved in your community and provides best practices for making the most impact. Along the way, you’ll also receive tips for boosting your daily step count. Get up and get moving to help others and to improve your health!</p>	<p>Sync a wearable device or app (e.g., Garmin or Fitbit) to track your daily step count on the portal. You can also manually record your daily totals with the challenge to-do list on the portal’s dashboard or from the calendar located on the challenge’s page.</p> <p>Please note: if you have a device or app synced, it will automatically record your steps.</p> <p>Duration: 6 weeks</p>
		<p>Pick Up The Pace Are you ready to pick up the pace? During this six-week challenge, you’ll strive to achieve step count goals that increase each week. Weekly newsletters provide tips and tricks for squeezing in more steps and detail other techniques you can use to focus on your health and wellbeing.</p>	<p>Sync a wearable device or app (e.g., Garmin or Fitbit) to track your step count on the portal. You can also manually record your daily totals with the challenge to-do list on the portal’s dashboard or from the calendar located on the challenge’s page. You will receive a new total step count goal each week.</p> <p>Please note: if you have a device or app synced, it will automatically record your steps.</p> <p>Duration: 6 weeks</p>

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		<p>Ready, Set, Go Are you ready to start the race to a happier, healthier you? During this six-week challenge, you'll track your daily activity minutes on the portal and receive newsletters with tips for increasing your activity level, avoiding workout ruts, setting specific exercise goals and more.</p>	<p>Sync a wearable device or app (e.g., Garmin or Fitbit) to track your daily activity minutes on the portal. You can also manually record your daily totals with the challenge to-do list on the portal's dashboard or from the calendar located on the challenge page.</p> <p>Please note: if you have a device or app synced, it will automatically record your steps.</p> <p>Duration: 6 weeks</p>
		<p>Stride to Thrive Everyone encounters roadblocks on their path to a healthier lifestyle. The key is to keep striding toward your goals! That's why this six-week activity challenge helps you add activity to your daily routine as you strive to achieve weekly activity minute goals. Join and learn how to research the right workout for you, set effective goals, stay motivated and more!</p>	<p>Sync a wearable device or app (e.g., Garmin or Fitbit) to track your activity minutes on the portal. You can also manually record your daily totals with the challenge to-do list on the portal's dashboard or from the calendar located on the challenge's page. The weekly activity minute goals increase as the challenge continues.</p> <p>Please note: if you have a device or app synced, it will automatically record your steps.</p> <p>Duration: 6 weeks</p>
		<p>Pass the Torch Summer 2020 will see the world's greatest athletes compete head to head in Tokyo - but you can complete this four-week activity challenge from the comfort of your community! Join to track your daily activity minutes, to learn fun facts about this year's games and athletes, and to discover why Tokyo was selected to host this historic event.</p>	<p>Sync a wearable device or app (e.g., Garmin or Fitbit) to track your daily activity minutes on the portal. You can also manually record your daily totals with the challenge to-do list on the portal's dashboard or from the calendar located on the challenge page.</p> <p>Please note: if you have a device or app synced, it will automatically record your steps.</p> <p>Duration: 4 weeks</p>
		<p>Daily Doze Life keeps getting busier and busier, which can make it hard to unplug and unwind for a good night's rest. Join this four-week sleep challenge and learn to ignore that least email, stop binge-watching that show and develop new habits that will lead to successful nightly snoozing.</p>	<p>Track and record your daily hours of sleep by using the challenge to-do list on the portal's dashboard.</p> <p>Duration: 4 weeks</p>
		<p>Regain Your Rhythm Join this four-week challenge and learn to turn your healthy wishes into concrete, achievable wellness goals! Regain Your Rhythm is all about helping you, so you will set a personal goal and track your progress using tips from weekly newsletters. Your goal can be anything—to lose weight, spend more quality time with your family or develop a new skill. Discover how effective goals help you find success!</p>	<p>You will set a S.M.A.R.T. goal on Day 1 of the challenge. Track your progress toward this goal each day, then visit the portal's dashboard and check "I Did This" on your challenge to-do list.</p> <p>Duration: 4 weeks</p>
		<p>Minute of Mindfulness Turn self-care into self-improvement during this four-week holistic health challenge! Each week focuses on a new topic: daily meditation, increasing activity, stress reduction for introverts and extroverts, and tips for daily self-care. Join to learn more about lowering your daily stress and improving your long-term happiness.</p>	<p>Complete two tasks each week. After you complete each task, visit the portal and check "I did this" on your challenge to-do list.</p> <p>Duration: 4 weeks</p>

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		<p>4-Week Pete the Planner</p> <p>Each week of this quick-hit challenge, you'll receive two videos and two tasks from expert financial mind Pete the Planner®. Content focuses on teaching you to set a budget, how to manage it in real time and how to pay off debt effectively.</p>	<p>Watch two videos each week and complete two associated tasks. After completing each task, visit the portal's dashboard and check "I Did This" on the challenge to-do list.</p> <p>Duration: 4 weeks</p>
		<p>Hustle and Bustle</p> <p>It's easy to get overwhelmed by an overstuffed schedule and forget to make time for exercise - but that's where Hustle and Bustle comes in! This four-week challenge is designed to help you carve out time to work out and to guide you to resources that can reduce your daily stress. To participate, you'll track your activity minutes and complete a brief meditation each day.</p>	<ol style="list-style-type: none"> 1. Sync a wearable device or app (e.g., Garmin or Fitbit) to track your daily activity minutes on the portal. You can also manually record your daily totals with the challenge to-do list on the portal's dashboard or from the calendar located on the challenge page. 2. Complete a daily meditation, then visit the portal's dashboard and check "I Did This" on your challenge to-do list. <p><i>Please note: if you have a device or app synced, it will automatically record your steps.</i></p> <p>Duration: 4 weeks</p>
		<p>Focus Four</p> <p>Your wellbeing can't be summed up by a number on a scale. That's why this six-week holistic health challenge asks you to focus on how your weight is affected by three other aspects of your life: your activity level, nutrition and daily stress management. Join to track your activity minutes and complete other daily tasks that will place you on the path to looking, feeling and even thinking better than you were before.</p>	<ol style="list-style-type: none"> 1. Complete a daily meditation, then visit the portal's dashboard and check "I Did This" on your challenge to-do list. 2. Complete a daily nutrition task, then visit the portal's dashboard and check "I Did This" on your challenge to-do list. 3. Record your weight once per week by using the challenge to-do list on the portal's dashboard. 4. Sync a wearable device or app (e.g., Garmin or Fitbit) to track your daily activity minutes on the portal. You can also manually record your daily totals with the challenge to-do list on the portal's dashboard or from the calendar located on the challenge page. <p><i>Please note: if you have a device or app synced, it will automatically record your steps.</i></p> <p>Duration: 6 weeks</p>
		<p>Say Cheese!</p> <p>Living a healthy lifestyle is important, but that doesn't mean you can't cut loose. Take the self-seriousness out of exercise by joining this four-week challenge. You'll track your daily activity minutes, weigh yourself once a week to check your progress, and submit photos of fun things you discover on your quest to get fit!</p>	<ol style="list-style-type: none"> 1. Record your weight once per week by using the challenge to-do list on the portal's dashboard. 2. Upload a photo from an exercise session once per week by using the challenge to-do list on the portal's dashboard. 3. Sync a wearable device or app (e.g., Garmin or Fitbit) to track your daily activity minutes on the portal. You can also manually record your daily totals with the challenge to-do list on the portal's dashboard or from the calendar located on the challenge page. <p><i>Please note: if you have a device or app synced, it will automatically record your steps.</i></p> <p>Duration: 4 weeks</p>

Don't see what you need? We're happy to quote the creation of a custom challenge.

Contact Us to Schedule a Demo

We provide affordable, effective wellbeing programs catered to the unique needs of each client. Give us a call to learn more!

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Wellbeing Solutions

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