



# FIND YOUR HEALTHY PLACE

## SUMMER CHALLENGE JULY 2 – AUGUST 12

### WHAT IS IT?

A 6-week, habit-changing game that encourages you to create a fitter, happier, healthier life.

### HOW DOES IT WORK?

Playing alongside your teammates, you'll score points each day for following each of the seven key habits of health and well-being.

### WHAT ARE THESE 7 HABITS?



NUTRITION



EXERCISE



MOBILIZE



SLEEP



HYDRATE



WELL-BEING



REFLECT

## ARE YOU IN?

Register at [WholeLifeChallenge.com](https://WholeLifeChallenge.com)