2017 WELLBEING CHALLENGES

ENGAGE EMPLOYEES
IMPROVE WELLBEING
BOOST MORALE
BUILD TEAM WORK

WWW.WELLBEINGCHALLENGES.COM
The Wellbeing challenges web portal allows organisations to run individual or team based wellbeing challenges efficiently and effectively.

Each challenge lasts four weeks, which is long enough to see improvement but not too onerous on an organisation’s time. The challenges can be used to motivate employees in just one location, or on a regional, national or international scale.

The portal allows organisations to choose from our standards challenges or build their own.

League tables show the organisation’s overall progress, top teams and top individuals.
Wide variety of topics

You can purchase any of our challenges and run them whenever you wish. You can have more than one running at any one time if you wish.

We have a wide variety of standard challenges to choose from:

Get Active, 10,000 Steps, Weight Loss, Resilience, Energy4life, Cycling, Winter Health, Sleep, Drink Less, Hydration, Smoking.

All challenges provide a full marketing pack, information pack and activity plan for participants.

We provide a bespoke development service that includes building a fully branded portal, creating specific challenge criteria and designing bespoke marketing materials.
Support services

We provide services to help you launch and manage your challenge including:

* Launch days (display stand and interactive events)
* Smoothie bike challenges
* Interactive health kiosk
* Health coach online
* Onsite briefings, health fairs and health screening
* Seminars (onsite and dial in)
* Prizes