Let's Get MOVING!

Wellbeing Challenge

A FOUR-WEEK CHALLENGE

Let’s Get Moving Challenge

Description: The "Let's Get Moving!" Challenge is a four-week challenge encouraging participants to engage in 150 minutes of physical activity each week. Using the inHealth app, participants track their progress toward weekly goals, with the chance to win prizes for consistent activity. This challenge aims to foster lasting health habits and make physical activity a regular part of daily life.

Challenge Goal & Tracking: Achieve 150 minutes of physical activity each week for the next four weeks to help establish a healthy habit. [Client-specific rewards or prizes.]

Steps to Enroll (*Included in enrollment messages)

This challenge begins [DATE]. To sign up:

- Visit the mobile app or web-based portal.
- Click the ***Let’s Get Moving!*** banner on the **Today** screen.
- Click **Enroll** and you're all set!

Tracking Instructions (*Included in all weekly messages):

Here’s how to log your physical activity:

- Access the mobile app or web-based portal.
- Select **Health Tracking** from the main menu and go to the **Activity** tracker.
- Enter the date you are tracking and the number of minutes you moved.
- Once completed, click the **Add** button to save your entry.

Notice of Challenge Requirements (*Included in all messages)

Complete the challenge goal and log the required activity in the inHealth Wellbeing app or web portal by [date/time] for all four weeks to [earn/qualify for] [insert reward or incentive].

Introduction/Enrollment Message

Welcome to the "Let's Get Moving!" Challenge! Over the next four weeks, we're committed to boosting our health and energy by aiming for 150 minutes of physical activity each week. Whether it's 30 minutes a day for five days, or split into two 15-minute sessions daily, every minute counts. Log your activity in the inHealth app to track your progress and qualify for an exciting prize at the end of the challenge. Let's make our wellbeing a priority!

Enroll Now!
Get ready for the first day of the challenge on March 1. Enroll today and watch your inbox for weekly motivations and tips to help you get into gear and keep moving. See how easy it can be to make a positive change! Join now, and let's transform our health together.

This challenge begins [DATE]. To enroll:

1. Visit the mobile app or web-based portal.
2. Click the ***Let's Get Moving!*** banner on the Today screen.
3. Click Enroll and you're all set!

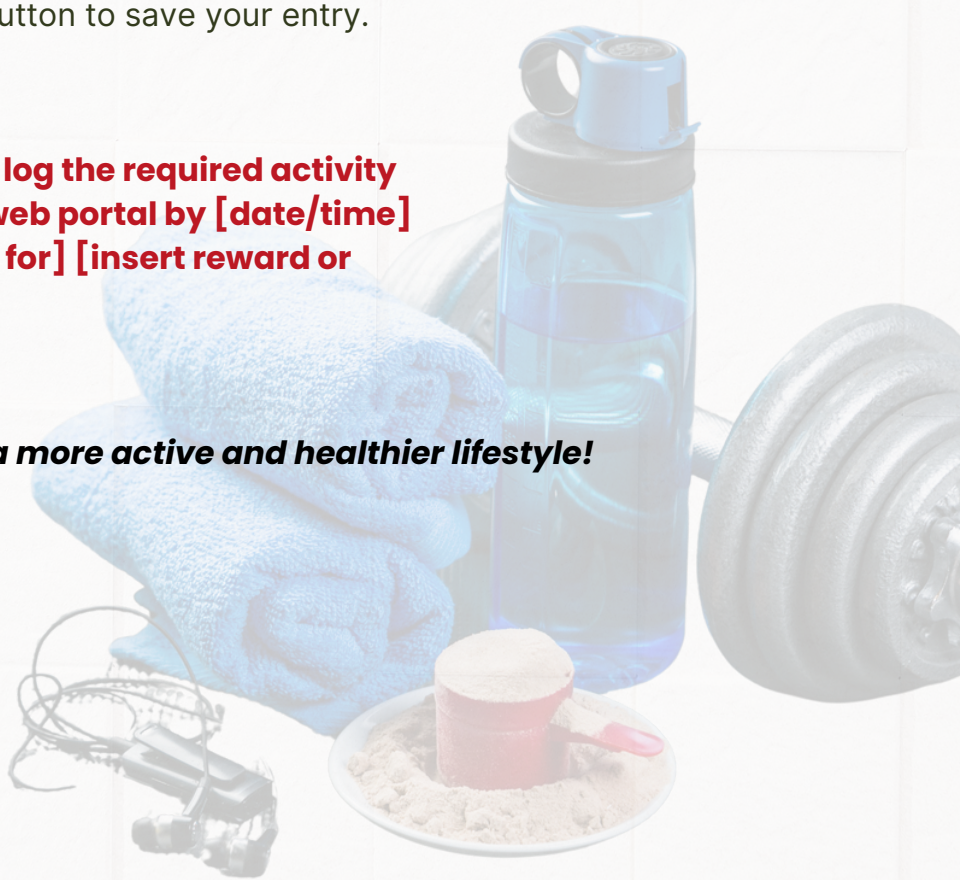
Here's how to log your physical activity:

- Access the mobile app or web-based portal.
- Select **Health Tracking** from the main menu and go to the **Activity** tracker.
- Enter the date you are tracking and the number of minutes you moved.
- Once completed, click the **Add** button to save your entry.

Challenge Requirements

Complete the challenge goal and log the required activity in the inHealth Wellbeing app or web portal by [date/time] for all four weeks to [earn/qualify for] [insert reward or incentive].

Join us and start your journey to a more active and healthier lifestyle!



Week 1: Starting Strong

Welcome to the first week of our "Let's Get Moving!" Challenge. As you begin, focus on easy ways to incorporate more movement into your regular routine. This week is all about finding those small opportunities to be active:

- **Walk and Talk:** Instead of sitting down for phone calls, try walking while you talk.
- **Morning Stretch:** Begin your day with a 10-minute stretching session to wake up your body and mind.
- **TV Time Toning:** During commercials or streaming pauses, do quick exercises like squats, lunges, or jumping jacks.

Keep it up! Every small step is a leap towards a healthier you.
You're off to a great start!

Week 2: Building the Habit

This second week, let’s build on the momentum from week one. Your focus should be on reinforcing the habits you’ve started and making physical activity a regular part of your day:

- **Scheduled Breaks:** Set reminders to take quick walking breaks every couple of hours during your day.
- **Lunchtime Laps:** Use part of your lunch break to take a brisk walk outside or around the building.
- **Family Fun:** Involve your family with a post-dinner walk or a weekend hike.

Fantastic progress! Remember, consistency is key to making lifelong changes.
You’re doing wonderfully!

Week 3: Integrating Exercise into Daily Life

By week three, integrating exercise into your daily life should start to feel more natural. Look for ways to make physical activity an inherent part of your daily routine, not something separate:

- **Active Commuting:** If possible, bike or walk part of your commute to work or the store.
- **Desk Exercises:** Incorporate seated leg lifts or desk push-ups throughout your day.
- **Park Further Away:** Whenever you drive, park further than usual to increase your walking distance.

You're transforming your routine! Keep integrating these healthy habits—they're becoming a part of your lifestyle.

Week 4: Finish Strong and Keep Going

In our final week, it's time to think about how you can sustain the momentum you've built. Reflect on your achievements and plan how you'll continue integrating physical activity into your life:

- **Join a Class:** Try a new fitness class virtually or in-person—many offer free trial periods.
- **Step Challenge:** Compete with friends or colleagues to see who can get the most steps in a day.
- **Reflect and Plan:** Think about what activities you enjoyed most and how you can incorporate them into your routine moving forward. Meanwhile, keep moving!

You've come so far, and it's amazing to see your commitment! Carry this energy forward and keep moving towards your goals!

Final Message:

[Optional and Client-specific. Can be used to announce winners or provide information/instructions regarding rewards, etc. Client must provide specific desired content via Help Ticket]

INVERTED LOGO HERE

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Wellbeing Challenge

[Challenge Dates]

The "Let's Get Moving!" Challenge is a four-week program encouraging participants to engage in 150 minutes of physical activity each week. Using the inHealth app, participants track their progress toward weekly goals, with the chance to win prizes for consistent activity. This challenge aims to foster lasting health habits and make physical activity a regular part of daily life.

Challenge Goal & Tracking: Achieve 150 minutes of physical activity each week for the next four weeks to help establish a healthy habit. [Client-specific rewards or prizes.]

Get started on your journey to a healthier lifestyle!

Enrollment: [DATE]

- **Click here** or scan the QR code to access the web-based wellbeing portal.
- Click on the ***Let's Get Moving Challenge*** banner on the Today screen.
- Click "Enroll," and you're all set!
- Watch your inbox for weekly messages beginning [Date of challenge]!

Questions? Call ___.___.____ | Email _@_.___