

Wellness Challenges

Want a quick and easy way to
implement a customized
Wellness Challenge?

GRAB & GO Wellness Challenge Guides



We have created a variety of email-based wellness challenge guides which include - Schedules, Flyers, Trackers, Weekly Content, and Surveys ready to "**Grab & Go**" which you can customize for your worksite!

More challenges coming:

- *Get to the Core*
- *Mindful Eating*

How do I get my GRAB & GO Wellness Challenge Guides?

Email wellnesscouncils@pehp.org*

Current Challenges Available:

- *Project Happiness*
- *Move More, Sit Less*
- *Money Matters*
- *Boost the Brown Bag*
- *Maintain Don't Gain*
- *Beat the Blues*
- *Pay It Forward*
- *Counting Your Zzz's*
- *Meal Planning-Secrets Revealed*
- *Move. Fuel. Balance.*
- *Minimalism for a Month*
- *Be Resilient-How to Bounce Back*
- *Mindfulness Matters*

*Once we receive your email request specifying which GRAB & GO Wellness Challenge Guide(s) you would like, we will email you the guide(s) attached in editable Word documents.