

WILL YOU BE THE NEXT WELLNESS SURVIVOR? HAPPY, HEALTHY & HIGH-PERFORMING

Welcome to Wellness Survivor: 8 week challenge



Most of us are stuck in a state of simply surviving. Eating on the go, stressing out at work, sitting on the couch in front of the TV, staying up too late, fueling up on sugar and caffeine, not moving our bodies enough. And repeat. Thinking nothing will ever change. Or maybe it will change one day. This challenge will offer you new opportunities that you can turn into habits to create a life that shifts you from surviving to thriving starting NOW.

Challenge Overview: Choose a new healthy habit each week (something you are not already doing) and implement that habit for the entire week to survive and to thrive! You can also earn and use an immunity Pass to stay on Resilience Island. Survive the twists and turns, and you might become the next Wellness Survivor!

Everything You Need! All challenges include customization, tracking card, promotional materials, education materials, plus a follow-up evaluation of your program. AdvantageHealth can also provide weekly administrative support.

