



MAKE LIVING HEALTHY A DAILY HABIT

Challenge Dates:

MAY 20 - JUNE 30

Registration: May 6 - 26

ABOUT THE CHALLENGE

Fad diets don't work because they aren't sustainable. Join this six-week comprehensive wellbeing challenge to learn how to build healthy habits that keep you eating, sleeping, and moving well each and every day!

WEEKLY TOPICS

1. How to Set Effective, Realistic Goals
2. Small Changes You Can Make Today
3. Proper Sleep and Your Health
4. Foods to Eat for Better Sleep and More Energy
5. Tips for Long-term Healthy Living
6. Keep Going: Finding Additional Resources

HOW TO PARTICIPATE

- Daily activity tracking
- Daily hydration tracking
- Daily sleep tracking
- Optional weekly weight tracking

REWARDS

- Registration prize raffle
- Week 4 participation prize raffles
- End of challenge prize raffles

HOW TO REGISTER

Join the Challenge

Go to bostonwellness.livehealthyignite.com

Returning Users

Select **SIGN-IN** in the upper right corner, enter your username and password, and select **Log In**. To join the challenge, start at step 6 of the New User instructions.

New User

1. Select **JOIN NOW**.
2. Enter your **Group Code**: wellness2018
3. Create your account by entering your name, email address, username, and password.
4. You'll receive a confirmation email; select the link to confirm your account information.
5. Log in to your account and complete your profile.
6. To enroll in the challenge, click **JOIN CHALLENGE** on your portal dashboard.
7. You have now joined the challenge as an individual. To join or create a team, click **Find a Team**.

Challenge & Portal Resources

- Weekly e-newsletters and recording reminders
- A database of workout videos, recipes, and health-related articles
- Deals at your local grocery store
- A meal planner
- Optional activity, nutrition, weight, sleep, and step tracking