

4-WEEK CHALLENGE
TO IMPROVE MENTAL AND PHYSICAL HEALTH
JUNE 7 - JULY 2

2021 MOVE MORE CHALLENGE RESULTS



GOAL: EARN POINTS BY COMPLETING AT LEAST 10 MINUTES OF MOVEMENT EACH DAY AND WEEKLY CHALLENGES.

**AWARDED 15 PRIZE PACKS
TO WINNERS!**

WEEK 1 - HYDRATION
WEEK 2 - STRETCHING
WEEK 3 - GO OUTSIDE
WEEK 4 - EAT BETTER



212 REGISTERED PARTICIPANTS

- 90% OF RESPONDENTS SAID THE CHALLENGE HELPED THEM IN SOME WAY
- PARTICIPANTS AVERAGED 11 OUT OF 12 POINTS PER WEEK = HIGH ENGAGEMENT
- OVER 3700 POINTS EARNED! THAT'S OVER 3700 MOVEMENT SESSIONS AND WEEKLY CHALLENGES COMPLETED

WHAT PARTICIPANTS SAID ABOUT THE CHALLENGE

"This was such a fun challenge and a great reminder for me to take breaks, to stretch, and breathe throughout the day."

"I have lost weight and increased my stamina."

"Encouraged me to explore more ways to keep moving even when I felt tired and lazy. "

"Good way to get people active! Fun and fairly easy to do. I walk daily but the bonus activity kept it challenging."

"This was a fun challenge that helped motivate me to develop a healthier lifestyle."

"Got me started on a daily habit at work to get moving."



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