



EAT RIGHT  
EXERCISE  
MOBILIZE  
SLEEP  
HYDRATE  
BE WELL  
REFLECT

## NEW YEAR'S CHALLENGE

Starts January 20, 2024



**WHAT IT IS:** A 6-week, habit-changing game that encourages you to create a fitter, happier, healthier life

**HOW TO PLAY:** Alongside your teammates, you'll score points each day for following each of the 7 key habits of health and wellness

REGISTER AT [WHOLELIFECHALLENGE.COM](https://www.wholelifechallenge.com)