



[www.LifeBalanceProgram.com](http://www.LifeBalanceProgram.com) | 888.754.5433 or 503.234.1375

## Invigorate Your Workforce

Looking for unique and exciting opportunities to encourage your employees to actively invest in their personal well-being? LifeBalance can help!

Now offering a complete line of wellness challenges, LifeBalance delivers customized programs with unmatched client and participant support, making it easy and cost effective for you to invest in employee wellness.

LifeBalance Wellness Challenges are turnkey, employer sponsored, educational initiatives, designed to encourage participants to make healthy, lasting lifestyle changes in a customizable, user-friendly environment.

## The Challenges

### Step It Up Walking Challenge

An eight-week, team and/or individual program that motivates participants to identify current activity levels, set goals and increase daily step counts.

### Health Adventure Weight and Activity Challenge

A twelve-week, individual program that encourages participants to identify and work towards healthy weight and exercise related goals.

### Healthy Commuter Challenge

A four-week, team and/or individual program that challenges participants to replace vehicular transportation with walking, running, biking or other healthy alternatives.

### 5-5-5 Fitness Challenge

A five-week, team program that educates participants on the rate of perceived exertion (RPE) scale and encourages regular exercise.

### Healthy Holidays Challenge

A six-week, individual program that encourages participants to make health conscious decisions and monitor their weight during the ever-tempting holiday season.

## To Learn More

Please contact LifeBalance at [sales@LifeBalanceProgram.com](mailto:sales@LifeBalanceProgram.com) or 888.754.5433.

