



CORE
HEALTH
by Carebook

Well-Being Challenge Catalog

www.corehealth.global | 1.866.396.2673

Physical Activity Challenges



Get Fit on Route 66

Track daily activity and take a ride along the historic Route 66. Tracing the actual route from Chicago to Santa Monica, participants will have fun exploring the historic landmarks along this fabulous stretch of highway.



Rock Your Way to Wellness

Track daily activity, while visiting the birth places of some of our favorite members of the Rock & Roll Hall of Fame! Along the way, you'll be presented with 5 milestones featuring Rock & Roll Trivia questions.



Around the World

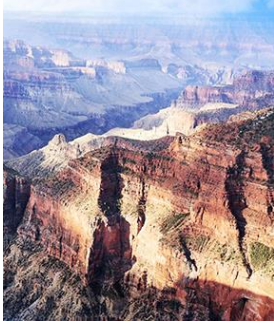
Grab your compass and map and get ready for an epic journey around the world! In the Around the World Challenge, you'll travel around the globe by entering in everyday activities. Along the way you'll visit the Seven Wonders of the World along with many of the Natural Wonders, Modern Wonders, and Architectural Wonders!



Cross Canada Fitness Adventure

From a bike ride along the scenic shores of PEI, to paddling the crystal-clear waters in Banff National Park, or hiking to the top of the world in the Yukon, this cross-nation expedition has it all. Experience some of the splendor that Canada's National Parks have to offer in this virtual challenge and step up to see what you have been missing.





Amazing America Fitness Expedition

From a lobster dive on the East Coast, to Yosemite National Park, clear to salmon fishing in the Pacific, this virtual journey has it all. Experience some of the splendor the beautiful USA has to offer in this activity-based/steps challenge.



Hollywood Stars Walk to Fame

This 8-week activity challenge is designed for active people (over 10,000 steps/day). Starting in New York and finishing in Los Angeles, the Walk to Fame challenge travels through famous academy award winning Actors' hometowns, sharing points of interest along the route.



Lost City Ciudad Perdida Trek

Track daily steps, or minutes of physical activity, to take a virtual journey to The Lost City or *Ciudad Perdida* in the jungles of South America! As you log daily activity, watch the map to see personal progress across through the jungle all the way to the Lost City itself.



Tour de France Challenge

You don't have to be a cyclist to partake in the Tour de France Challenge. Track daily activity to see progression along the Tour de France route.



Twas the Night Before Christmas

Watch for the map pop-ups along Santa's route to learn about how different countries around the world celebrate the Christmas holidays!

*Available only in English.



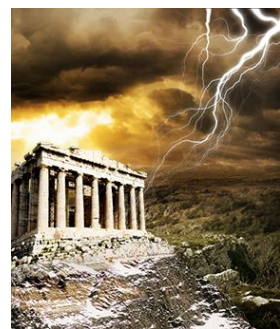
Trek Nepal Wellness Adventure

Track daily steps or minutes of physical activity to take a virtual journey through the Himalayan country of Nepal, all the way to the summit of Mt. Everest!



Get Fit Crime Mystery Challenge (Scavenger Hunt)

A piece of sporting equipment has been stolen! Can you figure out what was stolen before the end of the challenge? Participants track their daily activity to receive clues in this fun scavenger hunt. Along the way, you'll learn fun facts about Crime Solver extraordinaire, Sherlock Holmes.



Race to Mount Olympus

Log daily steps or minutes of physical activity to take a virtual journey through the Greek countryside to Mount Olympus! Daily points add up to move you across the map – racing the Greek Gods as you go!

Nutrition Challenges



One Month Madness

This is a four-week challenge that follows the USDA's dietary guidelines for fruit and vegetables, lean protein, whole grains/ grains and milk/milk products for Americans base on a 2,000 calorie per day diet.



Nutrition 101

Study a new healthy eating habit each week for six weeks. This Challenge combines educational components with some simple nutritional goals to take you to the head of the class.



Eat the Rainbow Challenge

The Eat the Rainbow Challenge is all about getting the right amount of fruits and veggies! Drag fruits and veggies on to the plate and watch as the rainbow fills up with color!



Healthy Holidays - Maintain, Don't Gain

Making healthy choices throughout the holiday season can be a challenge for even the strongest of wills. The answer? Make it fun with the Healthy Holiday Challenge! Individuals will earn points for engaging in healthy sustainable behaviors throughout the holiday season. Participants are encouraged to limit alcohol consumption, avoid sugary snacks and candy, and track regular exercise.

Weight Management Challenges



The Great Hot Air Balloon Race

The Great Hot Air Balloon Race is an individual percent weight loss challenge. Watch the hot air balloon fly higher in the sky as you get lighter by the week.



Pirate Booty Challenge

This weight loss challenge encourages users to drink water, eat their fruit & veggies, and engage in their favorite healthy activities to help achieve a sustainable weight loss. Users travel the seven seas in search for treasure on their weight loss adventure!



Wacky World of Sports Weight Loss Challenge

This 8-week weight loss challenge encourages participants to engage in those healthy behaviors proven to contribute to a sustainable weight loss. Participants earn points for physical activity, drinking water, and eating fruit & vegetables, all the while learning funny facts about some of the craziest sports in the world.

Well-Being Challenges



Healthy Brain Challenge

Keep that brain healthy! This challenge combines components such as physical activity, consuming brain health promoting foods, social activities, taking on new skills and information in order to create a well-rounded Challenge focused on keeping the brain strong.



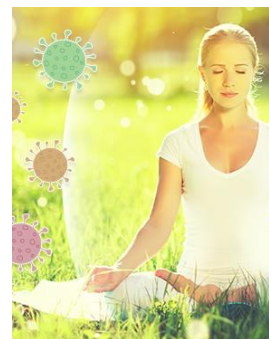
Save Up!

Track simple activities to learn – or review - the basics of personal finance in this 5-week challenge. Log in at least once a week to review the lessons, complete the activities, and earn points! Each week focuses on a different theme, including budgeting, spending wisely, saving, and investing. Save Up is beneficial for any level of compensation!



Snooze or Lose

Poor sleep habits can result in a variety of health concerns, including constant tiredness, irritability, loss of concentration, poor eating, and use of stimulants. The impact at the workplace can be significant, especially in the areas of tardiness, absenteeism and presenteeism. The Snooze or Lose challenge focuses on building consistent and positive sleep habits.



Infection Protection

Autumn is the beginning of flu season – often having a huge impact on workplace absenteeism. In the Infection Protection Challenge, participants earn points for doing simple activities to prevent infection from the flu, COVID-19, the common cold and other communicable diseases. Teachings on boosting the immune system and protecting others.



New York Minute Office Worker's Challenge

This 4-week tracker challenge is designed to encourage simple, healthy habits for office workers, including using the stairs instead of the elevator, stretching throughout the day, and taking the time for a break-time walk. Watch for the Cab Driver's tourist attractions as you journey along the map of New York.

*Available only in English



The Beat Goes On

Heart Disease and Stroke also known as Cardiovascular Disease (or CVD for short) may be a leading cause of death, but you don't have to accept it as your fate. Even though there are a few risk factors you can't change – such as ethnicity, family history, sex, or age – for the most part CVD is largely preventable.



Cancer Awareness Challenge

Researchers say if we stopped using tobacco, maintained a healthy weight, exercised regularly, avoided diets rich in red meat, and ate diets rich in fruits and vegetables, we would prevent two-thirds of all cancers. The cancer awareness challenge teaches healthy practices that reduce risk.





Them Bones

Bone Health is an important part of an individual's quality of life. Healthy bones maintain a strong structure for the body, anchor muscles, protect organs, and store calcium. This challenge helps individuals gain awareness about their bone health and maintain good bone health.



Going for Growth!

A team-based wellness challenge where participants track four daily activities including: physical activity, water, fruit & vegetables and vitamin use.

*Limited customization options.

*Available only in English



Summer Fun

The Summer Fun challenge is designed to encourage engagement in healthy and fun activities during the summer months.

*Available only in English



Better Together

Improve overall well-being by spending time with family and friends during this 4-week challenge. Research shows that connections with family, (5) friends, coworkers, neighbors, and others are as important to well-being as a healthy diet, exercise, and avoiding tobacco!

*Available only in English





Smoking Cessation

This challenge is designed to help smokers to butt out. Quitting smoking may improve the length and individuals quality of life.

*Available only in English

Stress Management Challenges



Be Kind to your Mind

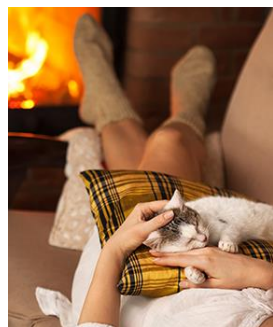
This 2-week challenge is all about personal enlightenment. Earn up to 400 points per day by performing random acts of kindness for your community, colleagues, planet and own self.



Disconnect to Reconnect

In today's world, technology can be very distracting. It can alienate us from the people in our lives, cause car accidents and even prevent us from getting a good night of sleep. The goal of this challenge is to break bad technology habits and get reconnected with the people in your life.

*Available on in English



No Time Like the Pleasant – Corporate Relaxation

Work-life balance and stress have been identified as two of the most predominant concerns in the workplace today. In this challenge, participants earn points for engaging in simple relaxation techniques throughout the day. Taking just a few 'me' minutes to stretch, breathe deeply... or even laugh has proven to recharge the batteries, and improve overall work performance.





Face to Face

Positive relationships with coworkers are known to improve productivity, job satisfaction, and just make work more fun! Level up workdays to be more social, fun, productive, and healthy in this 4-week challenge, focusing on workplace face-to-face interactions to improve mental, emotional, and social wellbeing.

*Available only in English



Down to Earth

When it comes to creating a cleaner community, simple steps can go a long way. In this challenge participants review easy ways to save energy, reduce waste, cut down on emissions, maintain clear water, and more. The best part? Most of these steps support a healthy lifestyle and save you money, too! Participate in weekly learning and simple daily activities to earn points.

