

WE GET INVOLVED

100% CUSTOMIZED CAMPAIGNS FOR YOUR COMMUNITY

Brief list of campaigns designed in the past

PAST BEHAVIOR CHANGE CAMPAIGNS:

- **Island of Health** - *Participants build healthy behaviors & environments at work/home*
- **Posture Perfect** - *Participants learned how to reduce back & neck pain caused by everyday activities*
- **Know Your Numbers** - *Helps manage risks based on screening numbers.*
- **Take 10 (Smoking Cessation)** - *Participants were encouraged to go outside & walk for ten minutes instead of smoking (1 cig. = ~10 mins off your life)*
- **Step Up Challenge** - *Participants received a pedometer, the top 20 split \$20,000*
- **Walk n' Talk** - *Participants were encouraged to go on walks for meetings*
- **Get Fit For Summer** - *Participants were offered free classes every day until summer*

Our experts lead events wherever

- Bootcamps
- Nutrition Seminars
- Onsite Classes
- Onsite Experts
- 1-on-1 Personal Training
- Pop Up Massages
- Ergonomics Seminars
- Health Clinics
- Biometric Screenings
- eLearning Classes, Webinars, & Meetings
- & So Much More!

BUILD YOUR OWN WELLNESS PLAN

MIX & MATCH, SELECT THE ONES YOU LIKE

GROUP CLASSES

- Bootcamp (Group Exercise)
- Yoga
- Cycling
- Zumba
- Other _____

LUNCH N' LEARNS / SEMINARS

- 10 Weight Loss Myths Debunked
- Longevity Is The Goal
- Local Activities To Stay Healthy
- Decoding Food Labels
- Eating Healthy On A Budget
- Eating Out 101
- Exercise Myths & Facts
- Exercise At Your Desk
- Fitness On A Budget Simplified
- Good Fats v.s. Bad Fats
- Grocery Shopping Survival Guide
- Mastering The Slow Cooker

LUNCH N' LEARNS / SEMINARS (CONTINUED)

- Mindfulness & Meditation
- Nutrition 101
- Online Wellness & Your MyPlan
- Posture Perfect 101
- Stress-Busters 101
- The Importance Of Plant-Based
- Water Consumption 101
- Why Use A Personal Trainer?
- Other _____

COMMUNITY EVENTS

- Community Potluck
- Healthy Snackin' (Provide Healthy Snack Options)
- Community Supported Agriculture (Local Farmer Brings Food)
- Join A Local Sports League
- 5k, Mudrun, Obstacle Course Race
- Community Retreat
- Other _____

CHALLENGES & CONTESTS

- MyPlan For My Life Challenge
- Right This Weigh Challenge
- Green Living Contest
- Cash Prize Participation Giveaway

CHALLENGES & CONTESTS (CONTINUED)

- Cooking Contest
- Virtual Exercise Challenge
- The Biggest Loser Challenge
- Other _____

AWARENESS CAMPAIGNS

- Branded Brochures (Tri-Fold)
- Branded Flyers (5"x7")
- Branded Posters (18"x24")
- Branded Banners (2.5'x6')
- Other _____

HEALTH RISK ASSESSMENT / BIOMETRICS

- On-Site HRA Screening Day
- What It All Means
- Other _____

ON-SITE EXPERTS (ANYWHERE @ ANYTIME)

- MyPlan Wellness Specialists
- Personal Trainers
- Nutritionists
- Other _____

WEBINARS

- MyPlan Overview
- Other _____