

# VIRTUAL PROGRAMS

Engage members from the comfort of their homes with robust virtual wellness programs that conveniently fit their lifestyles, schedules, interests and goals.



Q1

## REBOOT CHALLENGE

Build healthier habits in 21 days.

This 21-day challenge is focused on building healthy habits through eating better, moving more and being mindful. Program includes video on demand access, goal setting tools, daily tracking sheets (movement, food, water and mindfulness), meal plans, grocery lists, education, digital downloads and full access to a health coach.

**"DEVELOP AN  
ATTITUDE OF  
GRATITUDE..."**

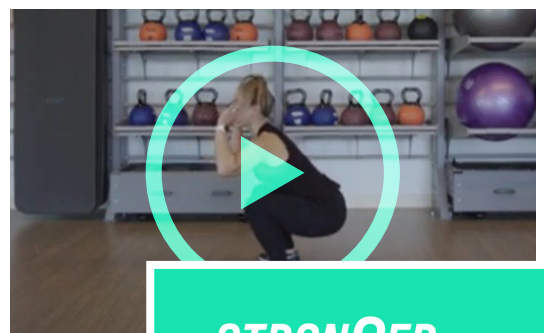
-BRIAN TRACY

Q2

## STRONGER TOGETHER CHALLENGE

A heart rate-based training using Myzone technology.

This 2-week challenge is focused on racking up MEPs (Myzone Effort Points) by wearing your Myzone belt. Participants will compete head to head to gain the most MEPs and be crowned the winner. Program includes weekly email touch points, heart training education, tips and tricks, access to Myzone App, as well as discounted pricing on Myzone products.



**STRONGER  
TOGETHER**  
CHALLENGE

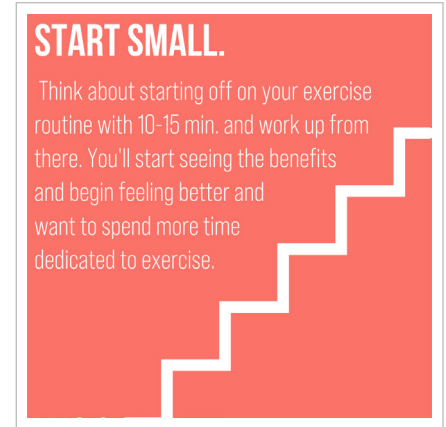
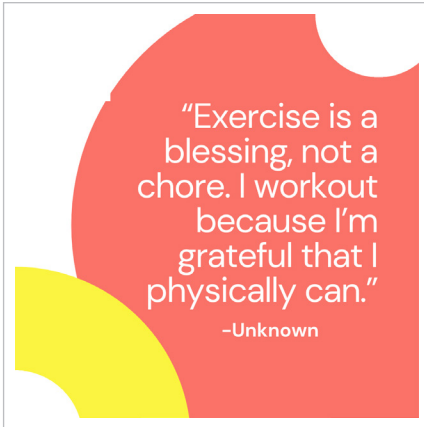


## 30-MINUTES A-DAY CHALLENGE

### 30-A-DAY

Encouraging physical activity for 30 minutes a day.

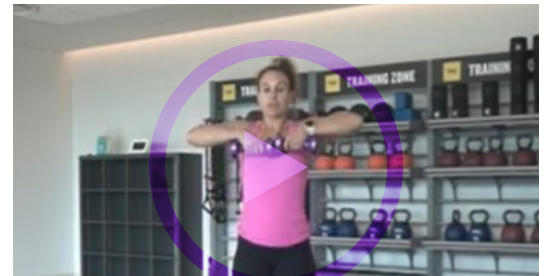
Set a goal to exercise 30 minutes every day of the month. This challenge includes access to our challenge portal for participants to log their daily exercise time, a digital download focused on fitness education, training ideas, healthy recipes, and more! As well as full access to our on demand video library.



## I AM RESILIENT

21 days of healthy life content to help drive resilience in your life.

This program includes 21 days of daily "resilience" based activities to help drive resilience in your life. Participants will receive weekly emails with mindfulness tools as well as other supporting information such as a digital download workbook/ journal, coloring pages, suggested podcasts, spotify playlists and access to videos on our on demand video library throughout the duration of the challenge.



**I AM RESILIENT**  
*Challenge*