



wellnesscoach
LIVE HEALTHIER, HAPPIER, LONGER.



WELLNESS CHALLENGES

A fun, engaging way to promote health and teamwork in your workplace.



Why are team challenges important?

Wellness challenges play a key role in fostering healthy habits and creating a positive culture of well-being within your organization. Activities like tracking daily steps, staying hydrated, completing mindfulness exercises, or participating in team-based challenges not only promote individual health but also strengthen teamwork and camaraderie.

Discover the Benefits of Wellness Coach Challenges:

- **Elevate Employee Engagement:** Our platform, supporting over 100 languages, significantly enhances inclusivity and reach for your well-being challenges. This fosters engagement, team spirit, and a culture of health.
- **Revolutionize Activity Tracking: Our TrueStep Validator:** An innovative technology designed to ensure accurate step counting across a wide range of physical activities and wearable devices by aggregating, normalizing, and deduplicating data.
- **Boosting Workplace Dynamics & Morale:** Group wellness challenges enhance camaraderie and morale, fostering a lively, united work environment. Additionally, the physical and mental health benefits contribute to a healthier, more productive workforce.
- **Reduced Health Risks:** Walking challenges significantly lower health risks in the workplace, decreasing chronic disease rates and improving mental health. This leads to a healthier, more focused workforce with enhanced productivity.



WELLNESS CHALLENGES

Challenges Features: Explore a vast library of challenge types



+100 Languages

Inclusivity and reach for your wellbeing challenges around the world



Map-Based Walking

Walk the world and reach wellness milestones with map-based challenges



Emojis & Chat

Engage with the Wellness Coach community through our chat feature



Leaderboards

See how you match up with other teams and encourage friendly competition



Real-time Stats

Keep up with your challenge progress in real-time to ensure you reach your goal



Device Support

Easily sync your steps using Apple Watch, Fitbit, Garmin, Google Health, or Apple Health

Launch a Challenge!

Members launched over 5,000 challenges in 2023, bringing engagement to the company on their own. Over 100 pre-built challenges you and your employees can launch in less than a minute

Try it for your business!

[BOOK A DEMO](#)

