



30-Day Fitness Survival Challenge: Can You Make the Cut?



Starts on:



Jan 02 – Jan 31, 2025

HOW TO JOIN

- ① Scan the QR Code
- ② Join the Challenge
- ③ When you join the challenge, you'll be prompted to follow some quick steps to sync your Activity Tracker with Wellness Coach and automatically track your steps in this challenge.

🔥 This challenge is all about celebrating your favorite workouts while competing for exciting prizes! Sync your workout or activity minutes to Wellness Coach, whether it's yoga, cycling, weightlifting, or dancing, every minute counts.



PRIZES

At the end of the challenge, we'll raffle off gift cards ranging from \$25 to \$100 among the top finishers! Only those who complete all 30 days are eligible so stick with it and good luck!



**JOIN
NOW!**



Need help? Email us at support@wellnesscoach.live

Join Us: January 2025's Community Events

Monthly Theme: **Build Habits For a Happier and Stronger 2025**

Join our coaches in group coaching sessions, featuring meditations, yoga & stretch sessions, let's talks, and workshops.



Featured Workshops, Yoga & Meditations



Meditation: Turning the Page to New Possibilities

12:30 pm ET – Coach Jennifer Jannelle

[Register Here](#)



Meditation: Awaken Your Year with Intention

8:00 am ET – Coach Corene Summers

[Register Here](#)



Let's Talk: The Power of a Morning Routine

5:30 pm ET – Coach Laura Saltman

[Register Here](#)



Let's Talk: Power Up with Easy Health Habits

12:30 pm ET – Coach Wellington Oliveira

[Register Here](#)



Let's Talk: Simple Steps to Better Sleep

12:30 pm ET – Coach Roberto Alonso-Plaza

[Register Here](#)



Yoga: Flow into 2025 with Joy and Purpose

12:30 pm ET – Coach Wenlin Tan

[Register Here](#)



Stretch: Desk-Friendly Exercises for Office Workers

11:00 am ET – Coach Yolande Hill

[Register Here](#)



Workshop: Building Your Financial Roadmap for Success

3:30 pm ET – Coach Victoria Zacchilli

[Register Here](#)



Let's Talk: Eating Well on a Busy Schedule

3:30 pm ET – Coach Tessa Spisak

[Register Here](#)



Meditation: Embracing New Beginnings with Gratitude

3:30 pm ET – Coach Kristen Eykel

[Register Here](#)

