

COMING SOON!

Ten-Minute Challenge

Got 10 Minutes?

Join the challenge to enhance your health!



Earn challenge points each time you practice one of the Ten-Minute Tips provided in the bi-weekly newsletters.

Ten-Minute Challenge is an eight-week challenge that provides tips to enhance your health.

Eat Smart, Move More, Manage Stress
and Be Tobacco Free...

Take the challenge to enhance your
health 10 minutes at a time!

This activity will begin on _____ and end on _____.

For more information about the Ten-Minute Challenge contact:

_____ at _____

The Ten-Minute Challenge is brought to you by your worksite wellness committee.

