

The 2024 Health Challenge marks our 11<sup>th</sup> year of Moving, Fueling and Balancing our way to better health.

So mark your calendars, as you will not want to miss blast off on July 15<sup>th</sup>.

And to make it really easy on the 15<sup>th</sup> to get started, sign-up early, beginning July 8<sup>th</sup> at [hdhealthchallenge.com](http://hdhealthchallenge.com)

As in past years, during the 6-week challenge, you can earn points in 3 areas – Move, Fuel and Balance.

1 point a day is possible in each of the three, to equal 21 points a week. Make sense? Ok great!

Then you have an opportunity to earn an additional 10 points a week in Bonus activities.

3 of those points can be yours by posting inspiring photos and quotes to Viva Engage.

And the additional 7 can be earned by participating in the Mini Challenges.

So let's quickly go through that again....On a weekly basis we have up to 21 core points available in the Move, Fuel & Balance categories and then you have an additional 10 bonus points available by posting on Viva Engage & participating in the Mini Challenges. For a whopping total of 31 points a week! Just remember - once you earn your points, go online at [hdhealthchallenge.com](http://hdhealthchallenge.com) and track them! You will only be able to track the current week and the prior week, so don't miss out!

Ok, now that we got points behind us, let's move on to the Mini Challenges. These Mini Challenges give you 5 different ways to get involved during the Challenge and focus on very specific areas to improve your health. Let's review all 5 of them.

Let's start with the Plank Mini Challenge... During this Mini Challenge, you will learn how to plank. This is not some crazy outer space move. It is a simple move you do on the floor that will help you build strength in your core, upper and lower body. And best of all, you don't need any equipment —all you need is a bit of ground space.

Next, we have the Sugar Mini Challenge. In this Mini Challenge, you will learn how much sugar you are actually eating and ways to reduce your overall sugar intake.

Sugar is hidden in all kinds of unexpected places—even “healthy” foods can be full of sugar—so you might be surprised.

Sugar has been called the single worst ingredient in the modern diet, leading to weight gain, elevated blood sugar and high blood pressure.

The third Mini Challenge is the Happiness Mini Challenge. Did you know that over 40% of our happiness can be affected by our daily activities and the choices we make? Take some time each day during the Challenge to increase your own happiness!

The fourth mini-challenge is the Salt Mini Challenge. Too much salt, also known as sodium, can increase your risk for heart disease. On average, American adults eat more than double the recommended amount of sodium daily.

In this Mini Challenge you will challenge yourself to learn the right amount for your diet and ways to decrease your intake.

And last, but not least, the Mental Health Mini Challenge. A healthy lifestyle can help prevent the onset, or worsening, of mental health conditions. Eating healthy foods, exercising, getting enough sleep and managing stress go a long way in making you mentally strong. In this Mini Challenge, you will learn how you can improve these areas to increase your mental strength.

That about wraps up the Mini Challenges...so let's move to the competition!!

First, though, let's not forget why we set off on this mission to begin with - to improve our health. So make sure to grab a coworker and participate in the Challenge together. Ok, ok, now onto the competition...

You can compete individually, or as part of a team for bragging rights. View your points and your team ranking, along with teams you are competing against on the Leaderboard.

So mark your calendars and don't forget to sign up beginning July 8 at [hdhealthchallenge.com](http://hdhealthchallenge.com)

Wishing you much success on your flight plan to Move, Fuel and Balance your way to better health!

INTERNAL USE

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