



5 Pillars of Health
Overall Health



Inner Power
Mindfulness



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Exercise



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Nutrition



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5 Pillars of Health

The Five Pillars of Health challenge simplifies holistic health into 5 actions that anyone can do each day in order to feel great, and be their best self.

These five simple actions are : stay hydrated, eat well, move throughout the day by taking steps, take a few deep breath breaks per day and exercise regularly.

First, this is a team based challenge, players are put into teams of 6 who compete with other teams in the office for health supremacy. The goal is to get as many points as you can for doing healthy behaviours and keeping track of them. For each teammate, the goal is to hit 100 points per day by logging actions. The team with the most points at the end of the 30 day challenge wins!

How do you keep track? Simply click on the corresponding icon when you perform that task. Drank a cup of water? Check off one of the 8 water's for the day. Did you take a few mindful deep breaths today? You are one step closer to your daily goal! These actions are logged automatically in your profile, in essence this is your simple health journal!

Two of the five pillars of health are shared with a picture, nutrition and exercise. This is the easiest, quickest, and most fun way to log your meal and activity (and show off your personality). These photo's show up on a private company wide social feed, similar to instagram, where conversations can flow, you can ask for recipes, discover new gym buddies, or get inspired by your peers through likes and comments. Simply tap on the green photo icon, and this will automatically open your phone camera so you can snap the moment.

Consistency is the key, in order to keep you on your mission you'll receive each morning a new health tip via push notification. These tips are developed by our team of healthcare professionals, they are about 2 mins long, and can be read or listened to on-demand

Finally, to provide additional variety and fun, surprise challenges that will allow you to get extra points for doing certain exercises will be sent randomly throughout the 30 days, so be sure to check your phone for the opportunities!

Curious to see how you rank up against your fellow health challengers? Let's play!

Healthy Foodie

For those who want to take a deeper dive into nutrition, we have developed the Healthy Foodie challenge.

This challenge simplifies your path to a healthier diet in four steps:

1. Eating well, three times a day
2. Learning about nutrition and healthy recipes
3. Practicing proper hydration
4. Getting regular movement

This is a team based challenge, players are put into teams that compete with the other teams in the office for nutrition supremacy. For each teammate, the goal is to hit 100 points per day for doing healthy behaviors and keeping track of them. The team with the most points at the end of the 30 day challenge wins!

This challenge dives into nutritional guidelines through daily tips. These tips discuss the benefits of superfoods, proteins vs. starches, alkalinity vs. acidity, and more. This challenge also includes delicious salad recipe's which will help you eat better, and in turn, feel better. Each of the tips have been developed, tried & tested by our in-house nutrition experts so you know you're getting high quality information, every time.

How do you keep track? Simply click on the corresponding icon when you perform that task.

Ate a healthy meal? Take a picture and receive your points. These food pics will show up on a private company-wide social feed, where you can ask for recipes, get inspired by your peers, and conversations can flow through likes and comments.

Want to unlock your healthy foodie tip of the day? Click on the icon to read up and get your points.

Drank a cup of water? Check off one of the water goals for the day.

Your steps will automatically be tracked for you by your phone or wearable device. Aim to get 5000 steps a day to hit your goal!

Finally, check the Leaderboard from time to time to see how you stack up against your fellow Healthy Foodie challengers.

So.... will you be crowned the nutrition champion? Let's play!

Mindful Moments

Mindfulness involves being present, focused, open and connected. The Mindful Moments app was designed in collaboration with experienced psychologist Dr. Joe Flanders to enhance your wellbeing by training you in these four skills.

Each week you'll be introduced to a series of activities that aim to amplify your presence, improve your focus, encourage you to be open, and inspire you to make better connections with those around you. To earn points, the app asks you to capture 3 mindful moments per day, based on the theme's presented. We invite you to try them in any order you want, experiment with them by doing each one more than once, and most importantly to have fun.

By the end of the challenge you will have unlocked a collection of 12 exercises which you can keep in your pocket and turn to whenever you're feeling stressed. You will also have collected a journal, which includes the 90 peaceful moments you've had during the past 30 days.

How do you log your mindful moments?

Click on one of the activities associated with each week's goal, watch the video instructions, and snap a photo when you are on the go that reminds you of that mindful activity. For example, perhaps you watched the "Taking in the Good" tip from the *Presence* week, you later come across a beautiful flower on the street. Simply take a photo of that moment to add to your point total for the day. Three mindful moments captured with three photos fulfills your daily goal.

Share, comment and like your fellow colleague's images and comments in the feed section. Take note of who is in the lead in the leaderboard to see how you stack up against your fellow mindful challengers!

As with all Praktice Health challenges, this is a team based challenge so you will find your teams performance as well as individual on the leaderboard. The team with the most points at the end of the 30 day challenge wins!

So will you be crowned the most mindful of them all? Let's play!

Great Health Treasure Hunt

The Great Health Treasure Hunt is Praktice Health's physical activity challenge. Designed with the expertise of certified fitness instructors, This challenge simplifies your way to a more active lifestyle by breaking it down into four simple parts:

1. Walking 10,000 steps per day
2. Stretching three times per day
3. Exercising twice a week
4. Listening to daily fitness tips

As with all Praktice Health challenges, this is a team based program where players are put into teams that compete with the other teams in the office for supremacy. For each teammate, the goal is to hit 100 points per day for doing healthy behaviors and keeping track of them. The team with the most points at the end of the 30 day challenge wins!

Your steps will automatically be tracked for you by your phone or wearable device, so all you need to do is walk and you will hit your goal!

Each day you will also be provided with 3 stretch's to do which are chosen at random from a bank of questions that we've created. These stretch's are designed to be easy to do at your desk and will help you reset and stay refreshed throughout the day. In order to earn your points, click on the icon and get a friend to take a picture of you doing the stretch. (this encourages them to do it as well – since good health is contagious)

Daily tips are provided with a mix of general fitness and workout routines. Each of the tips found here have been developed by our in-house fitness instructor so you know you're getting high quality information, every time. Watch or read the tip in order to earn your points.

Finally, did you hit the gym today? Score your exercise points by taking a photo! These fitness images will show up on your private company-wide social feed, where conversations between coworkers can flow through likes and comments, you can find new gym buddies, and get inspired by your peers' sweat sessions.

Don't forget to check the Leaderboard from time to time to see how you stack up against your fellow fitness challengers.

So will you be crowned the fitness champion? Let's play!

Adventure Atlantis

Did you know, according to the doctors at the “Institute of medicine” between 75-80% of people are chronically dehydrated. For many, drinking more water is the simplest habit to change & get started on the road to better well-being. Water is essential for life, and definitely key for optimal performance at work.

Enter Adventure Atlantis: This is praktice health’s water challenge which helps you stay hydrated at work in a fun, interactive way. The goal is to earn points for drinking eight glasses of water per day, with bonus points for taking pictures as you go.

As with all Praktice Health challenges, this is a team based program where players are put into teams that compete with the other teams in the office for hydration supremacy . For each teammate, the goal is to hit 100 points per day for doing healthy behaviors and keeping track of them. The team with the most points at the end of the 30 day challenge wins!

Simply click on the “plus” sign with every glass of water you take to reach your point total for the day. Take a photo of the beverage you are drinking and show off your personality for bonus points.

Your hydration score and captured photo’s will show up on a private company-wide social feed, where conversations between coworkers can flow through comments and likes, adding a fun social element into the challenge.

Be sure to check the Leaderboard regularly to see how you stack up against your fellow health challengers!

So will you be crowed the hydration champion? Let’s play!