



2-MINUTE DRILL CHALLENGE

Get moving twice a day for two minutes with the 2-Minute Drill Challenge.

Help maintain a healthy weight and lower your risk of chronic diseases like heart disease, diabetes, and some forms of cancer by getting active!*



CHALLENGE DATES:

Sign-up: 1/23/19 - 2/10/19

Challenge Runs: 1/30/19 - 2/27/19



HOW IT WORKS:

Give yourself one challenge point (up to two per day) when you're physically active for two minutes. Need some ideas? Try these:

- » Push-ups
- » Walking the stairs
- » Sit-ups
- » Stretching
- » Wall sits or squats

The goal: reach 20 challenge points to earn.

Daily max challenge points: 2 per day.



Register and track your progress on connect.simplywell.com or the SimplyWell® mobile app under the **Well-being** section.

The first 200 members that register AND complete the challenge will earn (one) Wellness Hoodie.

**Questions about this challenge
or your wellness program?**

Call 888-848-3723.