

MMHG Wellness Presents:

"Mind Body Challenge"

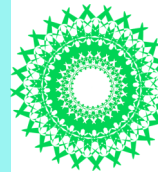
It's the most wonderful time of the year for a wellness challenge.

Holiday Challenge 2019

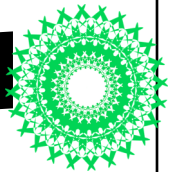
November 18th—December 22nd

Registration Begins November 12th

The holiday season is a busy time of year. To manage the inevitable stress, it's important to keep both the mind and body healthy with a balance of physical and restorative activity. In addition to staying physically active, the practice of meditation can improve well-being by sharpening concentration, boosting energy, and reducing stress and anxiety. In this challenge, participants earn MMHG/Wellable Points for completing guided meditation sessions and tracking physical activity for a chance to win prizes. At the end of the challenge, participants will receive resources to continue the practice of meditation on their own.



WIN PRIZES



Weekly Raffles:

Log activity or complete the weekly guided meditation activity for the chance to win a \$25 gift card in the weekly raffle.

Winner Announced 11/26, 12/3, 12/10, 12/17.

Grand Prize Raffle: December 23rd

(2) Fitbit Inspires

(6) \$25 Gift Card Vouchers

The more MMHG/Wellable Points you earn the More Chances You Have to Win!

How the Challenge Works:

Using the MMHG/Wellable online platform, you can earn points for tracking physical activity, participating in guided meditation sessions, and viewing the *Mindfulness & You* webinar. All participants can win raffle prizes in the weekly and grand prize raffles!

◆◆◆ **Earn Points for Exercise-** Sync your fitness tracking device or smart phone app (or enter your activity manually).

◆◆◆ **Earn Points for participating in 10 guided meditation sessions** provided throughout the challenge (starting with the basics through advanced concepts).

◆◆◆ **Earn points for participating in the live Mindfulness & You webinar on 12/11/2019 at 12:00 PM.** Can't make it at that time? You can also earn points watching a recording of the webinar by at your convenience (be sure to watch by the end of the challenge).

How to Participate— Registration Begins November 12th!

You'll need a MMHG/Wellable Account:

~Create a MMHG/Wellable Account at: <https://app.wellable.co/mmhg>. Once you've successfully registered you'll receive an email with log in instructions and information on how to connect & get started.

~If you already have a MMHG/Wellable Account from participating in previous MMHG Challenges, you're all set! Just log into your MMHG/Wellable account at <https://app.wellable.co/login> and check the challenge bulletin board for information on how to get started.

Having Trouble Registering or Logging in? Send an email to support@wellable.co

Participation in the MMHG Wellness Mind Body Challenge is FREE and open to all employees retirees of MMHG member units and their dependents age 18+.

