

# Get Motivated

Motivate employees, build enthusiasm, and have fun with wellness with TOHP's incentive campaigns.

These campaigns come packaged for easy implementation.

## Incentive Campaigns

### Fitness & Nutrition Challenges



#### Brand New U

A basic challenge to get started with setting and tracking fitness goals.



#### Fitness Finale!

Use fitness to help achieve good nutrition habits and manage stress.



#### The Old Switcheroo

"Switcheroos," or small lifestyle changes, add up to make a difference!



#### Step Up to the Plate

A team challenge helps co-workers rack up exercise minutes.



#### Unwrapped: Nutrition, Naturally

Discover how easy and tasty fruits and vegetables can be.

### Healthy Lifestyle Challenges



#### 50: Celebrating America

A challenge that allows you to take a daily getaway to health.



#### Miles of Smiles

Wellness means keeping your whole body maintained - smile included!



#### Love Your Mother

Reduce your impact on the environment while being healthy.



#### NFL: Nutrition, Fitness, Lifestyle

Combine three areas of wellness to achieve a winning combination.



#### 6 Degrees

Focus on each area of wellness to achieve health in all aspects.

### Stress Management Challenges



#### Top of Mind

Exercise the most important organ in your body – your brain.



#### Show Me the Funny

Laughter helps improve moods and can be a great way to de-stress.



#### Fiscal Fitness

Stress about finances can add up. Learn strategies to cope.

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[www.theotherhealthplan.com](http://www.theotherhealthplan.com)