



SPRING INTO FITNESS

Content Areas: Coaching, Goal Setting, Mindset, Motivation, Nutrition

Duration: Eight Weeks

Description: Spring is in the air, the weather is warming up and summer is still weeks away... there's no better time than **now** to spring into fitness! Join this journey focused on increasing physical activity and accumulating wins week-over-week. You will use a tracking worksheet to record (self-reported) your minutes of physical activity on a weekly basis. Your Wellness Specialist will use this data to report how much physical activity you accumulate throughout the eight-week challenge.

Get ready to win at fitness and many other areas of life – because when you feel better, you are unstoppable and just about anything is possible. Let's spring into fitness together!

Overview:

- Week 1 – Getting Started
- Week 2 – What's Possible?
- Week 3 – The Best Motivation is Action
- Week 4 – Social Support
- Week 5 – Celebrating Strengths
- Week 6 – Overcoming Obstacles
- Week 7 – Reflect & Revise
- Week 8 – Success Momentum

Key Components:

- Reporting – Aggregate participation reporting and mid-challenge standings report
- Resources – Weekly, themed encouragement email with electronic curriculum/handouts; participant tracking tools
- Rewards – Victory prizes for the top three participants (based on metrics provided, optional)
- Support – Supplemental health coaching for those needing additional support; weekly 45-minute onsite or virtual group meeting (optional)

Investment: Starting from \$2,600 with a weekly meeting or \$2,100 without a weekly meeting