



NATIONAL WELLBEING CHALLENGE SIGN UP YOUR ORGANISATION TODAY!

The 30:30 Activity Challenge motivates participants to include more physical activity in their day by completing at least 30 minutes of physical activity everyday for 30 consecutive days.



SIGN UP TODAY

Signing up is easy.
You can sign up and pay for employees or signpost them to self pay



LAUNCH TOOLKIT

We will provide a toolkit to help you promote the challenge to staff



WELL 121 APP

All participants get the WELL121 App to track their daily activity

SIGN UP

Go to www.wellbeing4business.co.uk/register

30 DAY ACTIVITY CHALLENGE