



NATIONAL WELLBEING CHALLENGE SIGN UP YOUR ORGANISATION TODAY!

Expectation to deliver has never been higher and yet 75% of the working population wakes up exhausted each day.

The Boost challenge aims to improve energy levels enabling participants to get the most out of life, both at home and at work.

Boost asks participants to focus on 5 daily health habits to score 'BOOST points'.



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 ENERGY CHALLENGE