



# Interested in joining?

- Create a positive work environment that promotes good health & wellbeing.
- Challenge employee's.
- Improve five key aspects of physical & mental wellbeing.

**Register your organisation for the challenge by contacting:**  
[Info@wellbeing4business.co.uk](mailto:Info@wellbeing4business.co.uk)

**wellbeing4business**  
leading the business of wellbeing

**Start date:** 1st May 2020

**Finish date:** 31st May 2020

## **Aim:**

Complete 5 daily health habits for 30 consecutive days to score 'BOOST points'.

## **Who can take part?**

The challenge is open to everyone over 18 years old.

We will provide you with access to the specially designed Well 1-2-1 app to track your daily activity.

Share your challenge on social media [#boostenergychallenge](#)