

Wellness Challenge



Waterbury Regional Chamber



Why wellness?

There is no doubt that the last year has taken a toll on everyone's health – physically and mentally. The need for healthy habits, consistency and connection is crucial now more than ever. That's why the Chamber Wellness Challenge can help you and your family work on individual wellbeing goals, while being a part of something greater. **Let's do this together.**



What's in it for you?

- Become part of the excitement & community
- Access to the CWC portal and unlimited wellness challenges & education
- Immediate family members or a close friend can join under your paid membership – work on wellness together
- Weekly newsletter updates
- Ability to earn charitable contributions for local charities
- Ability to earn raffle prizes
- Recognition for your chamber
- Ability to earn Waterbury Chamber's CASH Prizes!

Moving Forward

May 1 – July 31

The ultimate chamber to chamber bragging rights challenge!

As a member of a participating chamber, you can join the 2021 Chamber Wellness Challenge (CWC). After a crazy year it's time to put better health in focus and **Move Forward...** together!

Walk as many steps as possible



Hit the ground running (or walking) on May 1st. The chamber with the highest average number of steps across all member participants will win the coveted trophy. Aim for 7,500 steps per day to meet your individual goal for the challenge.

Join additional challenges to earn points



Monthly Challenges

- | | |
|-------------|-----------------------------------|
| Litterbug | Clean up your neighborhood |
| GoodDeed | Perform 8 random acts of kindness |
| DoubleDare | Try 2 new things |
| EventBright | Attend at least 2 Chamber events |
| GoodIntro | Give 5 high-quality introductions |
| WalkMeet | Hold 8 walking meetings |

Pop Up Challenges

Special challenges, including local community offerings to be announced.

Personal Challenges

You can pick your own challenges from over 250 challenges that are already available in the Chamber Wellness Challenge program portal.

Earn Rewards



Based on your participation in challenges you'll earn BlueChip Wellness Points that will be tracked in the portal.

- Earn 1,000 points to earn **Been There** and a charitable contribution in your honor to your chamber's selected charity.
- Earn 1,500 points to earn **Done That** and be entered to your chamber's raffle drawing.

Waterbury Regional Chamber members will be entered into a drawing to win CASH PRIZES as follows:

- Log over 450,001 steps and be entered to win **\$500 CASH**
- Log 225,001-450,000 steps and be entered to win **\$250 CASH**
- Log 100,000-225,000 steps and be entered to win **\$100 CASH**

Register by April 30th



Your all-inclusive CWC Program Fee is \$40 + Tax per participant (family members or a friend may be added to your account at no additional cost). Visit www.bluebackhealth.com/chamber to register. You'll receive an email invite to set up your CWC portal access within a few days of registration.