

EAT WELL, BE WELL CHALLENGE



MARCH 5 – APRIL 8

The WMCHHealth **Eat Well, Be Well Challenge** starts **March 5!**

Making healthy choices year-round is key to eating well – and being well! Join this challenge to navigate the five food groups and uncover ways to build healthy eating habits that can be practiced during the challenge and beyond!

WAYS TO EARN POINTS AND WIN PRIZES!



Walking & Running



Nutrition



Cycling



Weekly Trivia Challenge



Other Fitness Activities

**ALREADY A WELLABLE MEMBER,
SIGN INTO YOUR ACCOUNT FOR
THE EAT WELL BE WELL CHALLENGE:**

<https://app.wellable.co/>



**IF YOU DON'T HAVE A
WELLABLE ACCOUNT, CREATE
ONE HERE AND JOIN THE FUN:**

<https://app.wellable.co/WMCHHealth>



Wellable