NEW Quarterly HIP Challenges!

➡️ Summer Fitness Challenge
   Earn 1 point each week you exercise 150 minutes each week!

➡️ Budget Your Way to Healthy
   Earn 1 point each week you eat healthy on a budget!

➡️ Take a Breath
   Earn 1 point each week when you take a mindful rest and practice meditation/relaxation 3 days during the week!

➡️ Take Up a New Course
   Earn 1 point each week you take action in your career journey!

To participate, log-in to your HIP account, www.totalwellbeing.com and accept the NEW Challenges!