

Walk With Us

April 1st to June 30th, 2022

Join us in the ultimate chamber to chamber bragging rights challenge! As a member of a participating chamber, you can join the 2022 Chamber Wellness Challenge (CWC). After another crazy year it's time to put better health in focus and **Move Forward...** together!



Why wellness?

There is no doubt that the pandemic has and continues to take a toll on physical and mental health. The need for movement, building healthy habits, and connection is crucial to fostering positive feelings and positive communities. That's why the Chamber Wellness Challenge can help you 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 & Connecticut chamber community
- Access to the CWC portal which includes unlimited wellbeing challenges & education
- Weekly newsletter with wellness articles and leaderboard updates
- Ability to earn raffle prizes
- Contributing to recognition for your chamber AND potential for charitable contributions on their behalf



Walk as many steps as possible

Hit the ground running (or walking) on April 1st in the flagship **Moving Forward Challenge**. The chamber with the highest average number of steps across all member participants will take home the trophy AND the top 3 chambers will earn a charitable contribution to their charity of choice. Aim for 7,500 steps per day to meet your individual goal for the challenge and help your chamber top the leaderboards!



Work on personal wellness with exciting programming

Monthly Challenges

TidyUp	Declutter for 300 minutes
ReConnect	Reconnect safely with family or friends
TreeHugger	Spend 300 minutes in nature
Heartfelt	Tell 20 people why you care about them
GoodDeed	Perform 8 random acts of kindness
Podcast	Listen to 10 podcasts

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 Wellness Points that will be tracked in the portal.

- Earn 1,200 points for the chance to win exciting Chamber sponsored prizes and rewards at the end of the challenge



Registration Opens March 1st

Your all-inclusive CWC Program Fee is \$40 + Tax. Visit www.bluebackhealth.com/chamber to sign up. You'll receive an email invite to set up your CWC portal access at the end of March.