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TAVi Health prides itself on providing innovative and easy-to-implement incentive challenges to move your wellness programming forward without taking your budget backward. Any challenge is just \$219 with a discount for non-profit and government organizations!

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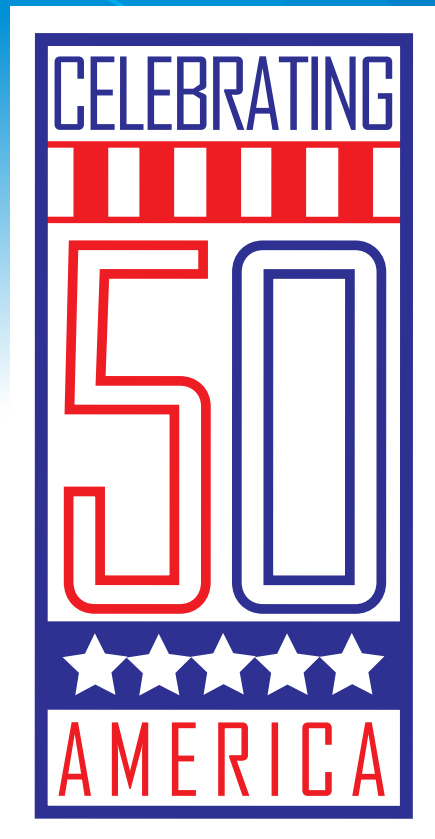
Online: Visit www.tavihealth.com to place your order online with a credit card.

By Phone: Call us at 888.491.1625 to place your order by phone.

By Fax: Download our order form at www.tavihealth.com, fill it out and fax it to 515.232.3005.

More Information

To learn more about the comprehensive challenges offered by TAVi Health, visit tavihealth.com. To see samples of any campaigns, email twist@tavihealth.com or call **888.491.1625**.



THE BASICS

Wellness Emphasis: All Six Dimensions of Wellness

Duration: 50 days

Tracking Mechanism: Travel Checklist

Theme: Blending the six dimensions of wellness with the uniqueness of each state in the union, this fun campaign challenges individuals to engage in a variety of wellness activities while exploring each of the 50 states in 50 days.

Goal: Taking a holistic approach to wellness is the focus of this challenge. Participants 'visit' each state in the union and complete a wellness activity corresponding to a fun fact about that particular state. Participants have 50 days to complete the trip.

Incentive Prize Ideas: Atlas, GPS travel system, weekend getaway, car care kit, luggage, travel mug, key chain, first aid kit, or travel blanket.

QUICK FACTS

Consider these facts when pitching this campaign idea:

- Despite the clear health benefits of regular physical activity, over half of US adults do not engage in physical activity at levels consistent with public health recommendations.
- The Centers for Disease Control and Prevention report that at least 50% of individual health status and associated health care costs are directly related to lifestyle choices.

THE WORD

"This was an ideal campaign to launch in late spring in anticipation of summer vacations. Our evaluations found that employees most liked the wide variety of wellness activities and it opened their eyes to the fact that wellness isn't just exercise and nutrition. We had a lot of fun with the travel theme."

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