



THE BASICS

Wellness Emphasis: All Six Dimensions of Wellness

Duration: 6 weeks

Tracking Mechanism: Weekly Tracking Sheet

Theme: Whether we see it or not, all six dimensions of wellness are connected. By making improvements in our health habits in one dimension we can take advantage of benefits in another. Learning to see the connection is key!

Goal: By practicing and tracking healthy habits in each of the six wellness dimensions participants learn how to recognize how positive behaviors in one dimension have a positive impact on other dimensions. Participants also build awareness about which dimensions are strong and which dimensions may need more attention in their own lives.

Incentive Prize Ideas: Stress ball, desk clock, picnic blanket, massage gift certificate, book bag, weather radio, and t-shirt.

QUICK FACTS

Consider these facts when pitching this campaign idea:

- Some researchers believe that lifelong mental exercise and learning may promote the growth of additional synapses, the connections between neurons, and delay the onset of dementia.
- According to an American Psychological Association report, one-third of Americans are living with extreme stress and 48% of Americans believe that their stress has increased over the past five years. Excess stress contributes to health problems, poor relationships, and lost productivity at work

THE WORD

"Six Degrees was easy to implement. The materials are professional quality and included good information anyone could understand. Plenty of activity options were provided for each dimension which ensured that all participants had an opportunity to be successful."

Convenient and Affordable Purchase Options

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!

There are three ways to place your order:

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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**.

TAVi Health Incorporated
2730 Kellogg Avenue
Ames, IA 50010
888.491.1625
www.tavihealth.com