

FISCAL Fitness

20 Days. 10 Strategies. 1 Great Feeling.

THE BASICS

Wellness Emphasis: Financial wellness with an emphasis on saving, protecting identity, investing, budgeting, investing, and managing costs.

Duration: 20 days

Tracking Mechanism: Transaction Ledger

Theme: Money cannot buy happiness but the stress that goes along with money matters certainly can impact overall health and well being. Sound money management goes a long way in limiting stress in life. This challenge focuses on assessing an individual's financial situation and putting into action simple strategies to move toward their financial goals and good health.

Goal: This challenge encourages participants to consider the importance of financial wellness and the impact it can have on personal health and well-being. A quick and easy campaign, it is provided as a kick-start for some and simply a reminder about healthy financial habits for others. Participants implement 10 strategies from downloading a free credit report to making a grocery shopping list during the 20 day challenge to bring their bank balance to \$500.

Incentive Prize Ideas: Piggy bank, savings bonds, or travel wallet.

QUICK FACTS

Consider these facts when pitching this campaign idea:

- According to the Department of Health and Human Services website, financial turmoil often results in a host of negative health effects – both physical and mental. These can be particularly devastating to your emotional and mental well-being and may manifest as depression, anxiety, compulsive behaviors like over-eating or excessive gambling, or substance abuse.

THE WORD

"Fiscal Fitness really helped the employees recognize that their poorly managed financial situation could be responsible for many of their physical and mental health issues. The challenge provided nothing but basic information and was a foundation we could build upon to bolster financial awareness and education for employees."

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!

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More Information

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