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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!

There are three ways to place your order:

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: Physical & Self-Care | **Duration:** 8 weeks

Tracking Mechanism: Player Game Card

Theme: This fun and lively challenge boasts a video game feel and will inspire participants to fit aerobic, muscle-strengthening, and flexibility exercise into each week. Along the way, help Hopper, the official challenge mascot, collect health points by mastering the levels of play and completing self-care bonus challenges.

Goal: The Good Stuff: Fitness Edition boasts four levels of play. All participants begin with level one – complete 30 minutes of aerobic exercise on three or more days this week. If successful, the player completes the self-care bonus challenge and moves on the next level earning health points for Hopper for each activity completed. The goal is to master each level of play all the while the player is collecting health points and building a solid fitness routine to include aerobic, muscle-strengthening, and flexibility activities.

Incentive Prize Ideas: Fitness shoes, membership to a fitness facility, Wii gaming system, athletic bag, gift card to a sporting goods store, or subscription to a health magazine.

QUICK FACTS

Consider these facts when pitching this campaign idea:

- According to Steven Aldana, PhD, and CEO of WellSteps, “data is suggesting that exercise, in and of itself, is as effective as the very best antidepressant. So, in the area of depression, exercise is probably the top prophylactic found to help people along the way.”
- Public health officials report that 37.7% of the population do not get sufficient physical activity to be healthy while 24.1% of Americans do not participate in leisure-time physical activity.

THE WORD

“This was a fun and easy challenge to implement. Unlike others, the Good Stuff reinforced the importance of a well rounded fitness program that includes aerobic, resistance, and stretching exercises.”

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