

EXPEDITION FITNESS



THE BASICS

- **Wellness Emphasis:** Multi-dimensional Wellbeing
- **Format:** Steps+ Challenge
- **Total Steps:** 400,000 (9,500/daily)
- **Duration:** 6 weeks
- **Tracking:** Log online/device syncing
- **Versions:** Individual or Team

Theme: The Expedition Fitness challenge takes participants on a virtual hike through the beautiful Wasatch Mountain Range in Utah. In addition to logging steps, participants pick up bonuses for performing activities that contribute to an overall sense of wellbeing.

Goal: Hikers log their daily step totals (up to a maximum of 15,000 steps per day) to travel along the challenge route. Up to 750 steps per day may be earned for completing one or more of the following activities:

- **Get Outdoors:** Spend at least 15 minutes outdoors. (250 steps/day)
- **Express Gratitude:** Record at least one thing you are grateful for. (250 steps/day).
- **Fuel Up with Fruits and Veggies:** Eat at least five servings of fruits and vegetables. (250 steps/day).

TO REQUEST A NO OBLIGATION DEMO, EMAIL US AT DEMO@TAVIHEALTH.COM OR CALL 888.491.1625



TAVi Health is your partner in wellbeing. Combining the resources of an exercise physiologist and registered dietitian, and a quirky creative director, we develop unique and innovative wellbeing challenges.

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