



NOURISHMENT

ACTIVITIES:

- Sleep Challenge
- Participation in Marathon Health Programs (SPARK and/or DSME)
- Healthy Weight Challenge
 - Healthy BMI or Lose 5% of Weight
 - Weigh-In: 2/1 – 2/16
 - Weigh-Out: 8/12 – 8/16
- Visit with a Teledoc or Other Registered Dietitian



PURPOSE

ACTIVITIES:

- Mindfulness Challenge
- Set a Well-Being Goal with Ryan, our Marathon Health Coach
- Complete 1 Additional Health Coaching Visit with Ryan
- Complete Online Health Assessment
- Complete Healthy You Project Journal for 12 Weeks
- Participation in Webinars / Workshops
- Complete 1 Activity from Each Category



MOVEMENT

ACTIVITIES:

- “Journey Through Atlantic” Step Challenge
- Participation in 5K, 10K, 1/2 Marathon, or Marathon (running, cycling, etc.)
- Participation in a Fitness Class
- Join a Rec League



CONNECTION

ACTIVITIES:

- “Get Outside” Nature Challenge
- Volunteer in Local Community
- Participate in Blood Drive
- Participate in Atlantic Group Activity
 - Walk at a park together, attend a cooking class together, etc.



FEBRUARY 1 – AUGUST 31, 2024

Throughout 2024, all Atlantic employees will have opportunities to participate in wellness-related activities as part of the NEW Healthy You Project.

RAFFLE & PRIZES

For every activity you complete, you will receive a raffle ticket into the Wellness Program Raffle in September, where we are awarding **10, \$2500 CHECKS!** There will be timebound challenges, as well as ongoing opportunities, giving you up to 30 chances to participate and win!



MARATHON
HEALTH
PORTAL

MARATHON HEALTH PORTAL

All activities will be tracked by Marathon Health on their portal. Scan the QR code to visit their portal, find out how to submit each activity, and view your progress.



LEARN
MORE

LEARN MORE

Scan the QR code to learn more, or reach out to Wellness Director Becca Schusler at beccas@atlanticpkg.com with any additional questions.