

Health Trip

takes on the Blue Zones Challenge

Discover a happier,
healthier you in 8 weeks!



Overview

Join the Blue Zones Challenge with Health Trip! Are you ready to transform your life and live longer and better? By learning the Power 9 habits of the world's longest-living people, you can achieve your goals. Take part in weekly challenges and events, and you'll be entered into weekly giveaways as you improve your overall well-being.



Week 1: Live Longer, Better

Experience the core 4 of the Power 9! We will have yoga, healthy samples, fitness demonstrations, and a gratitude station to foreshadow all the fun events offered through this program.

January 24, 2024
6:00-7:00 PM



Week 2: Move Naturally

Walk the original blue zones in the gym and learn longevity tips and tricks. We will also launch our steps challenge in the Sharecare App!

January 31, 2024
6:00-7:00 PM



Week 3: Relax Your Mind

Renew or define your purpose and how you can live it out. Attend the Purpose Workshop and identify your WHY.

February 7, 2024
6:00-7:00 PM



Week 4: Veg Out! Eat Wisely

Attend our in-person cooking demonstration and learn a new dish, Garlic Spinach Thai Noodles

February 13, 2024
6:00-7:00 PM



Week 5: Simple Peace Downshift

Relax your mind and find time to downshift this week by attending our yoga meditation.

February 21, 2024
6:00-7:00 PM



Week 6: Discover Your RealAge

Discover how old you really are based on factors like what you eat, your activity, your health history, and how you sleep. Attend our biometric screening in person to log in the app!

February 28, 2024
6:00-7:00 PM



Week 7: Get Fit with Friends

Not sure where to begin when it comes to working out? We got you covered! Attend an in-person fitness demonstration

March 6, 2024
6:00-7:00 PM



Week 8: Celebration Event

Let's celebrate a successful challenge together with an in-person cooking demonstration and social hour. Turn in your challenge packet for a chance to win!

March 18, 2024
6:00-7:00 PM



A Step-by-Step Guide to Participate in the Health Trip Challenge:

1. Get your challenge packet and find an accountability partner by joining us at the Health Trip Kickoff Event or visiting the YMCA office.

2. Get the Sharecare app or save the link on your desktop to take part in the app challenges. While it's highly recommended, using the app is not mandatory. If you prefer, you can follow the challenge guidelines in your packet.

3. Prioritize attending the weekly Health Trip challenges by scheduling a date night. Each week will focus on one of the Power 9 themes, with a new theme starting every Monday. All events will be held at the YMCA.

4. Dedicate at least 30 minutes each day to participating in the challenges for a boost in your well-being. Keep track of your progress in the weekly log and check in at the weekly events for a chance to win exciting giveaways!

Cost:

- \$20 for YMCA, UND, and Altru employees
- \$30 for community members

CONNECT WITH US



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Live longer, **better.**

