



Exercise Challenge



One workout a day. One day at a time.

Challenge Dates: March 1st - March 31st

How it works: Exercise a minimum of 30 minutes a day for at least 20 days during the month of March.

- ➔ Workout for at least 30 minutes as indicated above.
- ➔ Write down 1 point for each day you successfully workout.
- ➔ Turn your log sheets into your HR Rep or email to wellness@creativefoam.com by **April 10th**.

Exercise Tips: Find an assortment of exercise tips via our Employee Assistance Program (EAP) portal, www.guidanceresources.com. From stretching, choosing the best activewear, low impact exercises, easy pre-workout stretches and more! First time registering? Use the **Organization Web ID: GEN311**

Wellness Program

Website: <https://hr.creativefoam.com/wellness/>

