

# January's Community Challenge: **Energize Your Year**



**Starts on:**



**Jan 01– Jan 31, 2026**

## HOW TO JOIN

- ① Scan the QR Code
- ② Join the Challenge
- ③ When you join the challenge, you'll be prompted to follow some quick steps to sync your Activity Tracker with Wellness Coach and automatically track your steps in this challenge.

Energize your year with simple, sustainable activity habits. From stretches to walks to dancing in your living room, every minute counts toward building strength and starting 2026 strong. Climb the leaderboard with every minute, and make January the month you turn movement into momentum!



## PRIZES

The top 100 participants will be entered into a drawing, where 10 lucky winners will each receive a \$25 USD gift card! 🎁👟



**JOIN**  
**NOW!**



# Join Us: January 2026's Community Events

Monthly Theme: **Start Fresh**

Join our coaches in group coaching sessions, featuring meditations, yoga & stretch sessions, let's talks, and workshops.

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## Featured Workshops, Yoga & Meditations



### Letting Go of 2025: A Guided Meditation

11:00 am ET – Coach Gayle Van Gils  
[Register Here](#)



### Vision Board: Picture Your Best Year Yet

12:30 pm ET – Coach Corene Summers  
[Register Here](#)



### Let's Talk: Eating Well in the New Year

11:00 am ET – Coach Tessa Spisak  
[Register Here](#)



### Let's Talk: Cultivating Optimism and Motivation

3:30 pm ET – Coach Dr. Jaime G Raygoza  
[Register Here](#)



### Let's Talk: Creating a Support System for Change

12:30 pm ET – Coach Laura Saltman  
[Register Here](#)



### Dance: Move for Joy

3:30 pm ET – Coach Brooke Campbell  
[Register Here](#)



### Workshop: Nutrition Habits for a Fresh Start

3:30 pm ET – Coach Melissa Henkin  
[Register Here](#)



### Meditation: Gratitude as a Fresh Start

8:00 am ET – Coach Corene Summers  
[Register Here](#)



### Meditation: Begin Again with Calm and Clarity

12:30 pm ET – Coach Nate Macanian  
[Register Here](#)



### Workshop: Create Habits That Actually Stick

12:30 pm ET – Coach Wellington Oliveira  
[Register Here](#)

