

July's Community Challenge: **Move For Joy**

Starts on:



July 1st – July 31st, 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.

In this month-long challenge, every kind of movement counts, from workouts and walks to dance breaks and stretch sessions.



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: July 2026's Community Events

Monthly Theme: **Move For Joy**

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



Featured Workshops, Yoga & Meditations



Meditation: Build Power, Build Confidence

Coach Lily

[Register Here](#)



Workshop: Injury Prevention & Mobility Basics

Coach BT Bullock

[Register Here](#)



Let's Talk: Thriving People, Thriving World

Coach Lily & Laura

[Register Here](#)



Cardio: Find Your Joy in Movement

Coach Brooke

[Register Here](#)



Stress Relief Through Laughter and Motion

Coach Jaime

[Register Here](#)



Money Momentum: Small Steps for Big Change

Coach Adam

[Register Here](#)



Let's Talk: Embracing Culture for Mental Wellness

Coach Joel

[Register Here](#)



Meditation: Flow Meditation for Joy

Coach Amber

[Register Here](#)



Stretch Away Stress

Coach Arnes

[Register Here](#)



Let's Talk: Hydration & Summer Recovery

Coach Tessa

[Register Here](#)

