wellnesscoach
LIVE HEALTHIER, HAPPIER, LONGER.

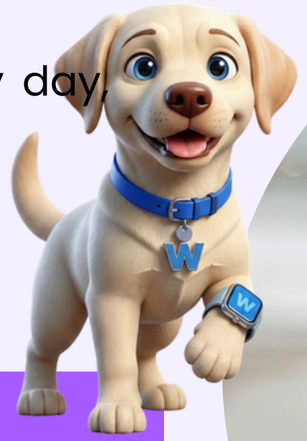
January Monthly Community Activities from Wellness Coach

Kick off the year with some friendly competition. Log your steps every day, build your streak, and see how you stack up against the community.

Challenge runs:
01–21 January 2027

Monthly Theme: **Start Fresh**

Community Challenge:





STEP CHALLENGE

New Year, New Streak

New Year, New Streak is a friendly steps competition to start the year moving. For three weeks, log your steps every day, build your streak, and see how you compare with people across the community.

Every step counts, so go at your own pace, keep your streak alive, and enjoy the push of moving alongside others.

Scan the QR Code or Click Here

Some of our workshops and meditations:

JAN 7
Eat Better Without Making It Complicated
12:30 pm ET - Coach Tessa Spisak
Register Here

JAN 12
Feeling Stuck? Here's How to Move Forward
3:30 pm ET - Coach Lars Bodenheimer/Stefan Ravalli
Register Here

JAN 29
A Meditation for People Who Can't Sit Still
8:00 am ET - Coach Corene Summers
Register Here

PRIZES



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