



Road to Wellness Challenge

Focus Area: Well-Being

Objective: Take a journey through six dimensions of wellness to achieve YOUR optimal health. The goal of this challenge is to focus on making healthy changes that YOU can maintain long-term. This is YOUR "Road to Wellness"!

Length of Challenge: Self-paced

Materials Needed: [Road to Wellness Challenge Roadmap](#) and [Resources](#)

Directions:

1. Choose at least one goal from each wellness dimension to focus on.
2. Once you feel confident that you have made strides to meet that goal and make a lifestyle change, move on to the next wellness dimension. (There is not a time limit on completing each goal.) Continue until you successfully make your way through all six dimensions.

Regional/Satellite Offices & AWS Employees: This challenge can be hosted across regional/satellite offices and/or with AWS employees.

Getting Started:

1. Decide what date your "Road to Wellness Challenge" will start.
2. Establish a sign-up period (for example, one week) before the challenge start date.
3. Determine how participants will let you know they participated.
4. Announce the challenge to employees! (This can be done via email, e-newsletter, department intranet and/or fliers.)
5. At the close of the sign-up period (if you established one), contact all participants to share the following:
 - A welcome, congrats and/or thank you for participating in the challenge.
 - Date of when the challenge will begin.
 - Instructions on how to participate in the "Road to Wellness Challenge".
6. Print or attach via email the "Road to Wellness Challenge Roadmap" and distribute to all participants.
7. Reminder: There isn't an end date for this challenge. This is self-paced.



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