

**NEW! Well-Being Online Challenge:**

## Feel Like A Million



Level Up is excited to announce a new well-being program to increase energy and boost vitality called **Feel Like A Million**. With six (6) energy-inducing well-being activities to choose from, there are plenty of ways to put some pep in your step every day.

Track progress on your desktop or mobile Feel Like A Million game board, as you accumulate virtual cash, aiming for \$1 million in the 4-week program. Whether you join a team, pair up with one (1) or more friends, or go it alone, Feel Like A Million is sure to help you develop habits to feel your best.

Get moving, spend time in nature, sleep better, eat healthfully, make connections... and more — every activity takes you a step closer to achieving the goal of \$1 million virtual.

### **Each One Bring One! Special Feature Added to the Challenge**

Level Up is adding a special feature with Each One Bring One. Here's how it works: You bring a friend to join this online wellness challenge, and each of you will be eligible for a special wellness prize. Each of you will need to complete the entire challenge in order to receive a \$15 gift card- everyone wins!

### **Mark Your Calendar! Registration Begins Monday, January 24**

Get ready to Seize the Year with Feel Like A Million! Mark your calendar — online registration and team formation begin Monday, January 24.

Learn more about [Feel Like A Million](#).

### **Win BIG! And Feel Like A Million!**

#### **Individual Winners**

- 1st Place: \$250 Gift Card
- 2nd Place: \$100 Gift Card
- 3rd Place: \$50 Gift Card

#### **Team Winner**

- \$50 Gift Card for each team member

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