

**Register NOW!**

**Renew**

**Well-Being Online Challenge**

Renew™

Today's the day—[register for Renew!](#)

This 4-week program is designed to refresh your mind and body; as well as strengthen relationships. Whether you reinforce current healthy habits, apply new strategies, or a little of both, consistent practice will yield the highest benefits.

You'll select activities most relevant and important to you—focusing on a few or trying different topics—in 4 interest areas:

- Boost happiness
- Create calm
- Sharpen focus
- Increase energy

As you complete activities, you value and track progress by revealing beautiful, calming outdoor images. You'll create a unique experience that supports a positive shift in how you feel inside and out.

**Learn more and [register today!](#)**

## **How Does It Work?**

### **Interest Areas**

Choose from 30+ *Renew* activities in 4 interest areas: happiness, calm, focus, and energy. Explore and experiment, or practice favorites to build new habits.

### **Daily Activities**

- Aim for 1 activity a day.
- Choose activities that matter most to you.

### Tracking Progress

- Reveal a portion of a serene scene each time you record activities.
- Aim for 1 completed scene every week.
- Your 4-week program goal is to complete 4 scenes.

### Participation in a Duo (optional)

- A Duo includes 2 people – you and another participant
- A Duo starts the day after someone accepts your invitation
- The goal is to complete a Duo illustration together—with each person contributing 5 activities
- You can be part of 1 or 2 Duos at a time.

### 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 coworker 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 when you work together!

### Register Now!

Be sure to [sign up for Renew](#) before Friday, September 2.

### Win BIG! With Renew!

#### Individual Winners

- 1st Place: \$250 gift card
- 2nd Place: \$100 gift card
- 3rd Place: \$50 gift card
- Random weekly drawing winners: \$25 gift card

[Learn more about Renew!](#) The Challenge begins on **Monday, August 29!**

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