

HEALTHY HABIT CHALLENGE

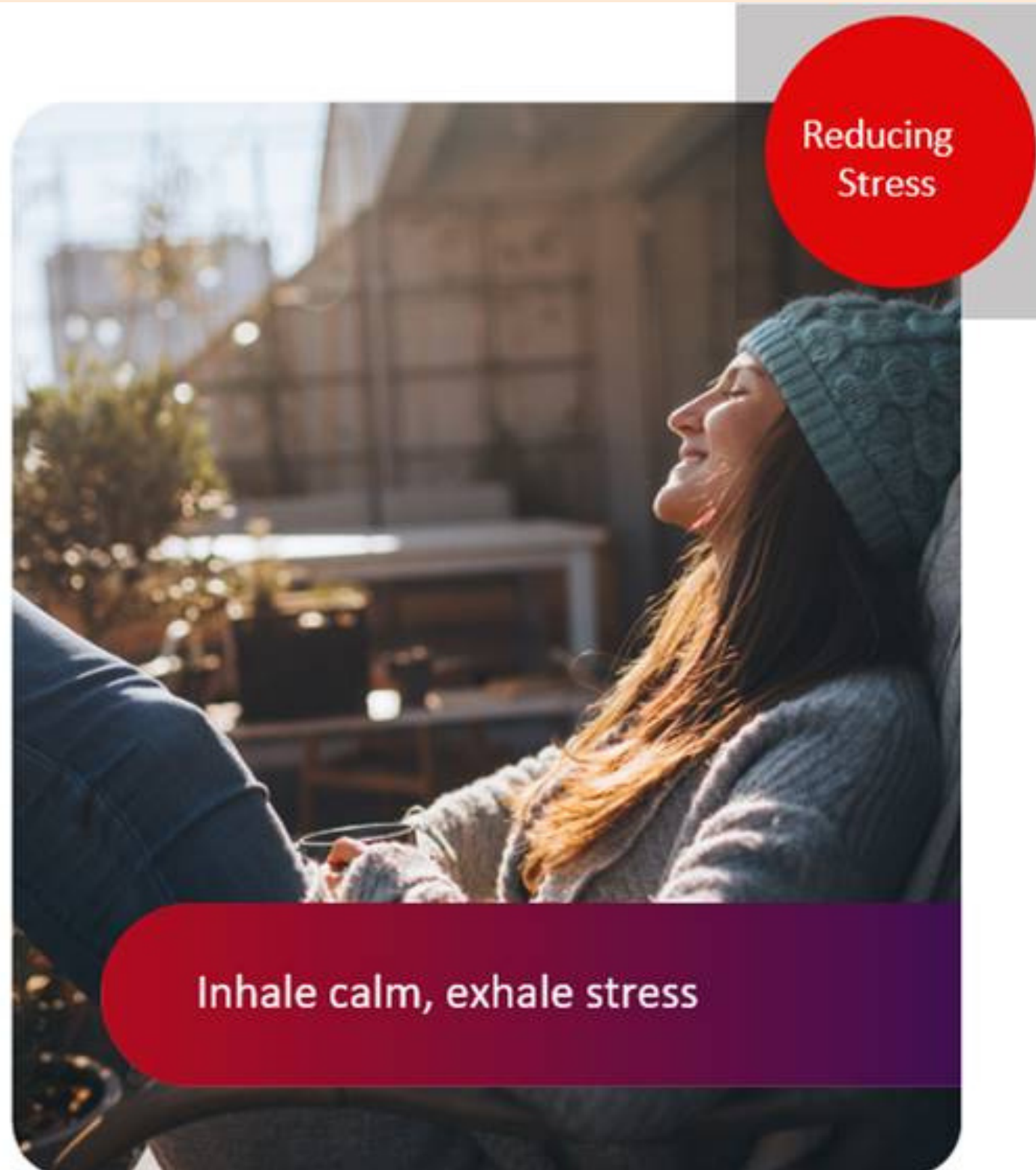
Relaxation Breathing

October 10 – 16, 2022

Need a quick stress-relieving trick? It's free, and you already have everything you need to do it! How? Just breathe.

Go to **Challenges** on the Virgin Pulse app to join. Or log in to your SelectHealth account and choose **Activity Campaigns** from your Member Checklist.

Be sure to record "yes" for at least 5 of the 7 days to get credit.



- COMPLETE 4 HEALTHY HABIT CHALLENGES FOR 1 ACTIVITY CAMPAIGN
- LAST DAY TO TRACK IS WEDNESDAY, OCT. 19