

get
group exercisetherapy

THE WELLNESS 100

30 DAY TEAM WELLNESS CHALLENGE!

EARN

DAILY POINTS ACROSS
3 AREAS TO WIN!

WHY?

To shake off some stress & start the second half of the year with new **habits**, an invigorated **energy** & empowered **resilience**



HOW?

Starting **1 July**, create a team and work together across 3 holistic wellness areas to earn **100+** points each & **WIN!**



STRENGTH &
CARDIO



NUTRITION



MINDFULNESS &
MOBILITY



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● See next page for details

THE WELLNESS 100




WIN PRIZES 2 WAYS!

Hit 100 points individually
(see below)

Create a team (up to 5) & accumulate the most points collectively

REGISTER YOUR INTEREST NOW!

Email Mr Wellness Coordinator:
wellness@coordinator.com.au

100 POINTS IN 30 DAYS

THE AIM OF THE GAME IS **HOLISTIC CONSISTENCY**.
TO COMPLETE THE CHALLENGE YOU MUST EARN A MINIMUM OF 1 POINT FROM EACH CATEGORY BELOW, EVERY DAY **PLUS** AN EXTRA 10 POINTS WHERE YOU CAN!



STRENGTH & CARDIO

- Workout with Dave
- Pilates with Cloe
- Non-GET workout
- Run & Core mash-up
- Fitness test
- Sunday zoom class



NUTRITION

- Water quota
- 40% protein quota
- Vice elimination
- Zero smoking
- Supplement regime
- Waste to hip ratio



MINDFULNESS & MOBILITY

- Yoga with Hannah
- Stretching quota
- Meditate with Caitlin
- Non-GET mindfulness
- Wellness diary log
- Sleep quota



PLUS BONUS POINTS FOR PROGRESS & SOCIAL INVOLVEMENT!



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