

Change the Way Your Employees Think About Health and Wellness: Introduce Daily Mini Challenges

Think willpower is a muscle that can't be strengthened? Invite your employees to take baby steps to change how they think about health and wellness. Asset Health's 365 mini challenges are easy and less-intimidating daily prompts that encourage your employees to try a healthy behavior they can do today, with minimal effort. Small goals like daily health challenges are proven to help start the formation of healthier identities because they slowly decrease negative behavior. Daily challenges help your employees build a positive lifestyle.

Asset Health Mini Challenges:

- Are rooted in cognitive psychology:**
 Research shows that people are more likely to form a healthy habit when they meet short-term goals along the way.
- Cover all areas of health:**
 Mini challenges refresh daily with new tasks to maintain interest. They cover a full spectrum of health-related categories. Asset Health offers 365 different mini challenges.
- Are easy to accomplish:**
 Daily challenges are attainable short-term goals, such as "Drink one extra glass of water today." They get participants to try being healthier right now, without a long-term commitment.
- Are easy to access:**
 Mini challenges reside in an easy-to-use tile on the portal home page.
- Are much less intimidating:**
 Being prompted with one, small goal each day is easily manageable for employees. The simplicity in nature may encourage more participation in daily challenges.
- Are rewarding:**
 Your employees can enjoy a sense of accomplishment when they complete a daily challenge, which encourages them to continue participating.
- Can be tracked:**
 Your employees can view a summary of their mini challenge progress on the portal.

"We are what we repeatedly do. Excellence, then, is not an act, but a habit." – Aristotle

HEALTHY CHALLENGE

Take five deep breaths right now. Fill your lungs, hold your breath for a second, then release the air slowly.



[Learn more](#)

Completed

HEALTHY CHALLENGE

Add an extra serving of veggies to your plate sometime today.



[Learn more](#)

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HEALTHY CHALLENGE

Turn off all electronics an hour before hitting the hay. This includes your TV!



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I did this today

Learn More

See a demo and find out more by calling Robert Wilson at 248-822-7286 or emailing RWilson@assethealth.com.