The wellness challenge this year is called ***Appalachian Trail*** and will start March 28th. Time to dust off those sneakers and water bottles!

**Challenge Guidelines:**

* **Exercise:** 30 minutes a day
* **Eat:** 3 servings of vegetables and 2 servings of fruit each day
* **Hydrate:** Drink 48oz of water a day
* **Journal or Meditate:** Once a day
* **Sleep:** 7-9 hours of sleep each night

*Incentive*:

Appalachian Trail Challenge T-shirt

**Email #1 (Week of Mar. 7)**

**Wellness Challenge 2022: Appalachian Trail**

Spring is right around the corner and if you find yourself dreaming of the great outdoors, you need to join us for the *EHA Wellness 2022 Wellness Challenge*, ***Appalachian Trail***. This year, we have enhanced the mental well-being activities by asking participants to meditate and journal, just as many do when they hike the actual trail.

* Each day you will complete wellness goals to move along the miles while learning about the history, legends, and outstanding aspects of our nation’s first National Scenic Trail.
* *Be part of a Team!* Compete with your peers in 6-member teams or challenge yourself by completing it individually. (Check your EHA Wellness account page for team sign-up)
* This challenge runs for 6 weeks.
* If you complete the challenge requirements**—**you’ll be entered in the drawing for one of 600 **$25 Amazon** gift cards!

**Check out the App Trail Video:** <https://youtu.be/CE4HDaesT7Q>

**Note:** The deadline for registering to guarantee a t-shirt was Feb. 28. However, if inventory allows, we will send you a shirt in April (but can’t guarantee it).

**Team registration** will open March 14 – you will receive an email with instructions to register your team.

**Register for *Appalachian Trail*** by **March 27th** *on the Challenges section in your EHA Wellness account* at [www.ehawellness.org](http://www.ehawellness.org). Questions? Send them to [contact@ehawellness.org](mailto:contact@ehawellness.org).

**Email #2 (send out week of Mar. 14)**

**Let’s go hiking!**

Grab some friends or go it alone…hiking is a great way to take in nature and get in that exercise. Join us on March 28th when we embark on a virtual “hike” of the ***Appalachian Trail***! To move along the trail, you must complete wellness goals each day in this EHA Wellness fitness challenge. Teams of 6 (optional) will also compete for bragging rights as they encourage each other along the way.

**The Challenge:**

**Exercise:** 30 minutes a day

**Eat:** 3 servings of vegetables and 2 servings of fruit each day

**Hydrate:** Drink 48oz of water a day

**Journal or Meditate:** Once a day

**Sleep:** 7-9 hours of sleep each night

(See your EHA Wellness account page for team sign-up)

***Registration is open!*** Visit [www.ehawellness.org](http://www.ehawellness.org) and enter your code and password to sign up**.** Don’t forget to enroll in other challenges that interest you while you are there. Questions? Send them to [contact@ehawellness.org](mailto:contact@ehawellness.org).

**Team registration** will open March 14 – you will receive an email with instructions to register your team.

**Check out the App Trail Video:** <https://youtu.be/CE4HDaesT7Q>

**Note:** The deadline for registering to guarantee a t-shirt was Feb. 28. However, if inventory allows, we will send you a shirt in April (but can’t guarantee it).

**Email #3 (send out week of Mar. 21)**

**Last chance to “Take a Hike”!**

It’s the last week to sign up for the spring EHA Wellness fitness challenge, ***Appalachian Trail***! Make your way along the trail by challenging yourself to Exercise, Eat, Hydrate, Journal, Meditate, and Sleep. Compete with your peers in 6-member teams or go it alone by completing it individually. (Check your EHA Wellness account page for team sign-up)

**Note:** The deadline for registering to guarantee a t-shirt was Feb. 28. However, if inventory allows, we will send you a shirt in April (but can’t guarantee it).

You can still participate in the challenge and sign up for a 6-person team to compete with your peers. Remember, if you complete at least 30 days of the challenge requirements, you’ll be entered into a drawing for one of 600 *$25 Amazon gift cards*.

**Register for *Appalachian Trail*** ***by March 27th*** *on the Challenges section in your EHA Wellness account* today at [www.ehawellness.org](http://www.ehawellness.org), by entering your EHA Code and password. Questions? Send them to [contact@ehawellness.org](mailto:contact@ehawellness.org).