

Level Up!

LIFESTYLE TEAM CHALLENGE

Ready to energize your daily routine with fun and achievable lifestyle challenges? This team challenge is designed to help you make small, impactful changes that enhance your well-being and build healthier habits in a team setting.

Together, you'll tackle activities that boost energy, productivity, and overall happiness while working towards shared goals as a team!



Why “Level Up”?

Canada consistently ranks among the top countries globally for quality of life. Yet, many Canadians feel there's room for improvement in their daily well-being. The good news? Small lifestyle changes can make a big impact. Simple adjustments, like improving hydration, nutrition, sleep, and trying new experiences, can boost your energy, mood, and overall wellbeing.

That's where the “Level Up” challenge comes in. This team challenge makes building healthy habits fun and rewarding, helping you try new things, and feel your best—one step at a time. As a team you are able to support each other in completing the weekly tasks and hold each other accountable.

Join the Challenge!



Focus on wellbeing and keep your team accountable



Form new healthy habits and try something new



Connect with teammates in a fun way

Join the fun!

DISCOVER SIMPLE WAYS TO BOOST YOUR WELLBEING AS A TEAM

Each week, you'll focus on a simple, exciting goal that's all about making your daily life a little brighter and healthier. These bite-sized challenges are designed to inspire well-being, boost energy, and spark joy—because making positive changes should be fun!

As a team, you will track your completion against weekly goals that follow these five different themes:



Week 1: Hydration Boost

Track all fluids consumed (water, tea, coffee, etc.). Aim to increase water intake. Recommended: ~1L per 50 lbs of body weight.

Week 2: Fruit & Veggie Challenge

Eat 7-10 servings of fruits and vegetables daily.

Week 3: Sleep Well

Track sleep duration, aiming for 7-9 hours per night.

Week 4: Try Something New

Connect with a teammate to learn about and try a hobby or interest that's new to you.

Week 5: Beat Procrastination

Complete at least one of three tasks: Tackle a long overdue chore, reconnect with a friend/family member, or visit a new place.

Are you ready to “Level Up”?

You can join the challenge in two ways:

1. **Lead the Way!** Become a Challenge Lead and access step-by-step instructions in the Library of the Health & Wellness Centre.
2. **Join the Fun!** Receive an email with all the details from a Challenge Lead.

No matter how you choose to participate, this is your chance to spark positive change and enjoy the journey with your team!

Learn more at [TeladocHealth.ca](https://www.teladochealth.ca)

About Teladoc Health: Teladoc Health is empowering all people everywhere to live healthier lives by transforming the healthcare experience. Recognized as the world leader in whole-person virtual care, Teladoc Health leverages clinical expertise, advanced technology and actionable data insights to meet the evolving needs of consumers and healthcare professionals.

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