

Be Balanced CHALLENGES

Stay motivated to achieve your health goals



Challenge Calendar:

Challenge #1 – 3/12 – 4/11 5K a Day

A 4-week challenge to help you increase your activity each day

Challenge #2 – 4/23 – 7/31 Green Days

You can grow younger! This challenge will show you small daily habits you can take to lower your RealAge score.

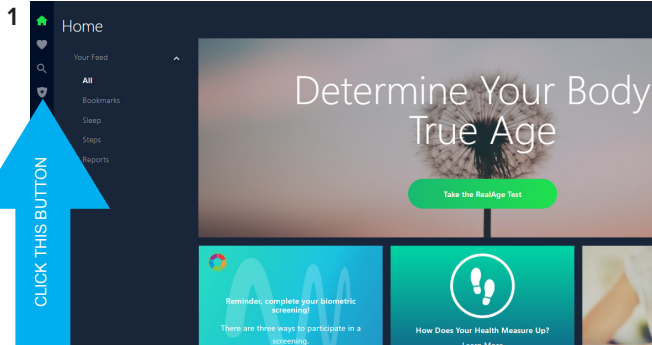
Challenge #3 – 10/22 – 11/21 Diet and Nutrition

Don't blow your healthy-eating habits over the holidays. Join this challenge to stay on track.

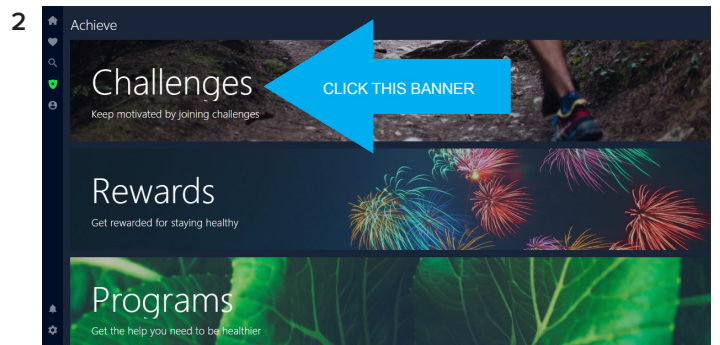
How it works:

- 1 View upcoming challenges and join others in the challenge journey through your phone, tablet, or computer.
- 2 Check out the leaderboard for some friendly competition and see how you stack up against other challenge participants.
- 3 Personalize your challenge username to read as you wish. Simply click on your username in the leaderboard, edit, and click Update.
- 4 Challenge event cards will appear in your timeline as friendly reminders and for accountability.

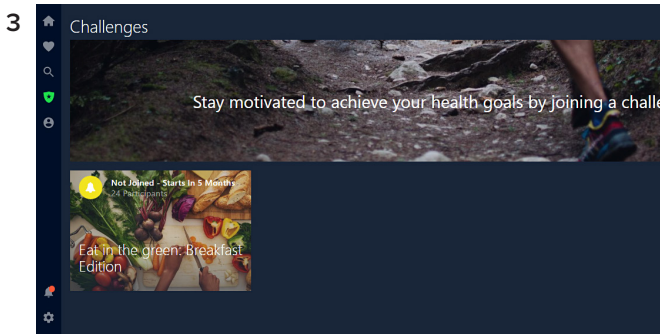
Log into your *Be Balanced* account at Windstream.Sharecare.com



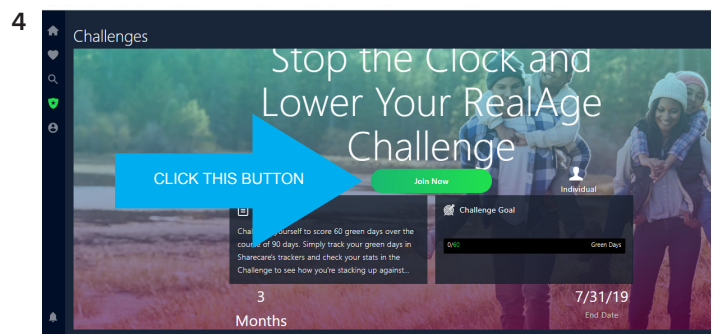
Once you complete the RealAge Test from the Home page, click the **ACHIEVE** icon.



From the Achieve page, select the **CHALLENGE** banner.



Select the challenge you are interested in participating in.



Click **JOIN NOW** to start participating in the challenge.