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## Ten Minute Challenge

### Who is it for?

Anyone interested in organizing a challenge to encourage employees to enhance their health ten minutes at a time.


### How do you get it?

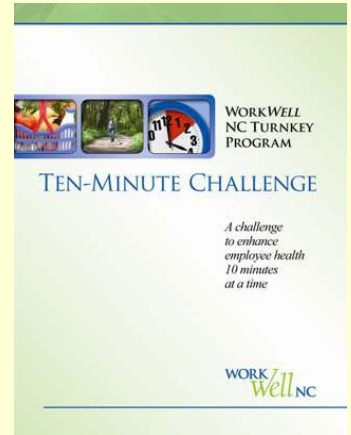
This resource is distributed electronically and can be downloaded from this page.

### How is it used?

Materials below provide step-by-step instructions and downloadable tools for organizing the challenge.

The Ten-Minute Challenge is a worksite wellness activity that encourages employees to practice health enhancing behaviors such as eating smart, moving more, quitting now and managing stress. Each week of the challenge focuses on one of the healthy behaviors. Bi-weekly newsletters detail the benefits of practicing these healthy behaviors and give Ten-Minute Tips on how to fit these behaviors into our busy lives. Participants earn points each time they practice a Ten-Minute Tip.

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Eat Smart, Move More NC exists through the work of its many [partner organizations](#). Please address all inquiries to the Eat Smart, Move More NC [Webmaster](#).