



This program is all about helping **you** overcome mental obstacles that may prevent **you** from reaching your fitness goals. You will be competing against yourself to form lasting habits that will improve fitness, nutrition, sleep, and mental health. While it is not required, we highly recommend signing up with an accountability partner.

Program Runs

January 18, 2021 – March 8, 2021

Registration

January 11, 2021 – January 22, 2021

To Register

Go to www.hondawellness.com. **The first 10 registrations at each site get a Dri-FIT face mask!**

For Questions

Email elp_wellness_center@ham.honda.com

How it Works

- Receive a weekly email on the topic of the week.
- Incorporate 15-30 minutes of exercise each day.
- Track weekly completion on the Honda Wellness website.
- Finish 6 out of 8 weeks to be entered into the final raffle for a massage gun.

