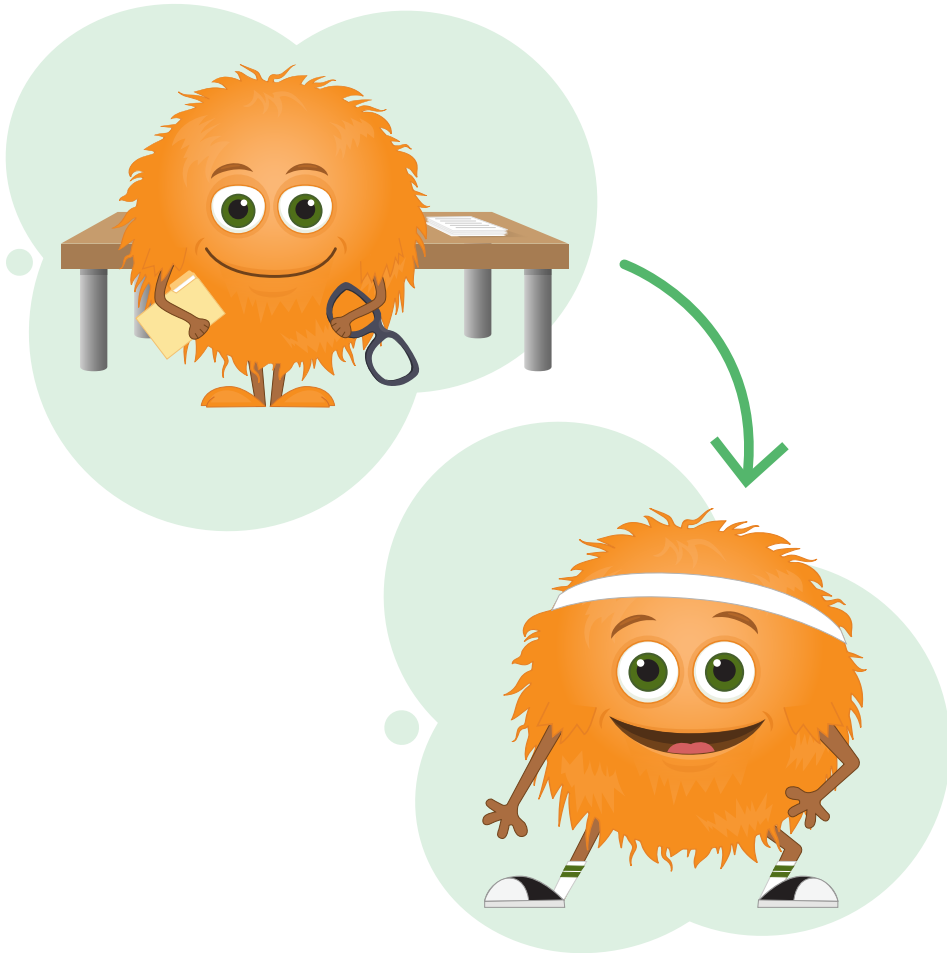


Luma's Observation

Gaming strategies can be used for more than academics.

Gamifying your workplace health initiatives promotes a healthy and engaged workforce.



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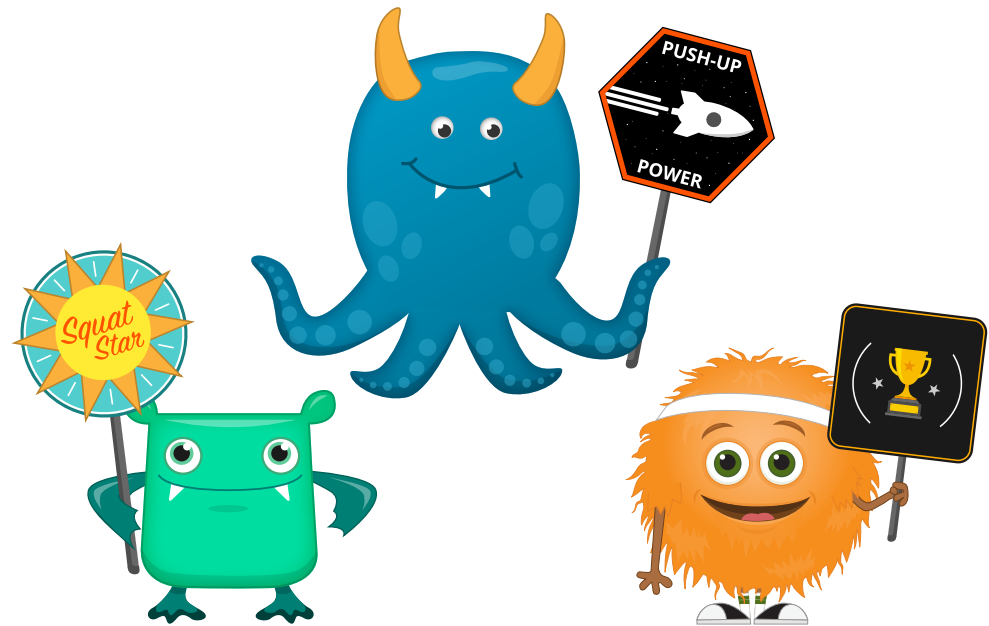
Lumafy Tip 33

Create health contests.

Here is this month's health challenge!



- 30-day Push-up Challenge**
- 30-day Squat Challenge**
- 30-day Lunge Challenge**



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