

Luma's Observation

Health and wellness success is difficult to do in isolation.

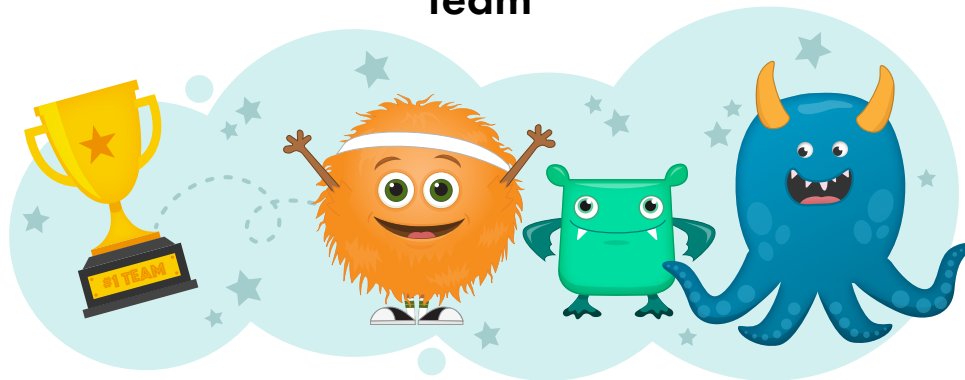
Healthy STEP Challenge



individual

vs.

team



luma

Lumafy Tip 41

Create health and wellness teams to build emotional support, accountability, and fun!

Group learners into teams that will compete to earn the most steps during the week. Award all groups that participate, but give the overall winners a special prize.

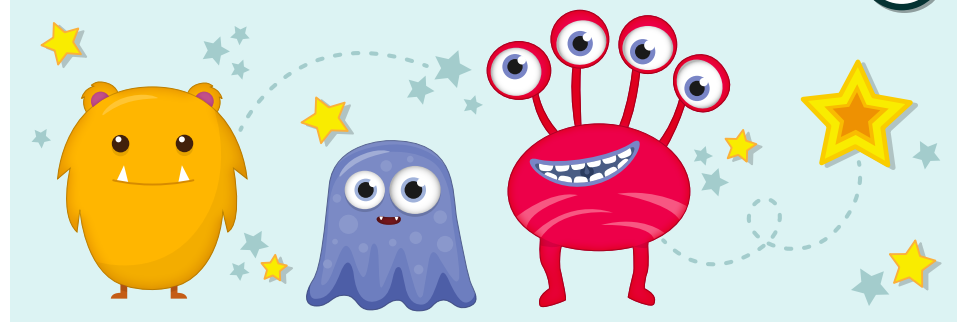
TEAM 1

55,000 steps



TEAM 2

47,000 steps



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