



SparkUniversity Courses

Are you trying to encourage your employees to engage in a holistic approach to learn more about wellness? We understand this is not an easy 'ask'! Encouraging overall health and wellness is a top priority for many, and partaking in the range of well-being courses and challenges just might be the right thing.

Located in the Healthy Living Section of the PeopleOne Health Core Portal
The courses/challenges range from 3 days up to 50 days



Courses:

- Understanding Your Hypertension Diagnosis 101
- Understanding Your Diabetes Diagnosis 101
- Strength Training 101
- Taking a Shot at Weight Loss
- Skip the Detox and Develop a Healthy Approach to Sugar
- How to Become a Fierce Advocate For Your Health
- Are You Ready to Run Your First 5K?
- Easing into Exercise for Beginners
- Create a Positive Mindset
- Master Mindful Eating to Regain Control of Your Health
- Your Guide to Gratitude and a Healthier Life
- Manage Your Stress the Mindful Way
- Introduction to Mindfulness
- Bottoms Up! Drink More Water
- Meal Planning Made Simple
- Nutrition Basics 101



Challenges:

- Stretching Skills Challenge
- Fit & Healthy Leader Challenge
- Heart Healthy Challenge
- 30-Day Healthy Weight Challenge
- Slip Into Slumber Challenge
- Achieving Financial Freedom Challenge
- Create a Positive Mindset Challenge
- Spring Into Shape Challenge
- The Season of Giving Back Challenge
- Healthier Holidays Challenge

