



Get movin' with the Post-Holiday Hustle challenge!

Challenge begins:

Did you overindulge during the holidays? The Post-Holiday Hustle can help get you exercising so that you can get back in shape! During this challenge, you will aim to exercise for 150 minutes each week for 4 weeks.

Join the challenge today!

Visit HealthAdvocate.com/

- Click on Post-Holiday Hustle from your To Do List
- Click Join
- Start tracking your time exercised on the member website



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