



U@+ CHALLENGE NO GYM, NO PROBLEM

w/ Coach Christine Eley

WEDNESDAY, MAY 7, 2025
11:00AM-12:00PM



There are almost as many exercise modalities as there are exercisers. Even if you have a gym membership there are times when it is closed, you're on vacation, or the mood hits to exercise and you just want to get started. Many of the participants in WellPath's Exercise/Fitness Program exercise outside the gym exclusively. Coach Christine exercises regularly on the road, at home and almost anywhere she likes.

The U@+ Challenge asks participants to do some simple exercise every day. So if you aren't exercising now, or you have an elaborate exercise routine, attend this session to find some simple "other" exercise you can do on your "rest days" to meet the requirements of the U@+ Challenge.

There is a short, fun quiz (that's right "fun") to be completed post webinar to earn 15 WellPath points.



Register for:

Webinar