















2023 Calendar of Wellness Events

	JANUARY	Big Island Trek Challenge	Focus on 10,000 steps per day as if you're hiking Hawaii - you track activities online
	MARCH	Hoops for Health Challenge	Encourages members to increase physical activity and track activities online
	APRIL	CHRA Open	Complete your clinical health risk assessment
	APRIL	Calories? You Can't Handle the Truth!	Focus on calories and how to decipher nutrition labels on food
	JUNE	Healthy or Not	Challenge to learn to eat healthy
	JUNE	Macros? Hint – It's Not a Math Problem!	What are macronutrients? How to track them
	JULY	Run Forrest Run Challenge	Quarterly run/walk challenge
	JULY	Ride Route 66 Challenge	Bike riding challenge through Oklahoma
	JULY	I Want Abs!	Focus on your body's core strength – abdominals
	OCTOBER	There's No Place Like Home Challenge	Challenge to visit 10-12 landmarks in Oklahoma
	OCTOBER	I Want Candy	Challenge around Halloween candy – seek alternatives – learn about too much sugar
	NOVEMBER	Find Your Balance	Focus on daily habits to mitigate stress
	NOVEMBER	Trot Off Your Turkey Challenge	Walk challenge to keep people moving between Thanksgiving and Christmas
	DECEMBER	The 12 Days of Christmas Workout	12 different workouts to do during the month