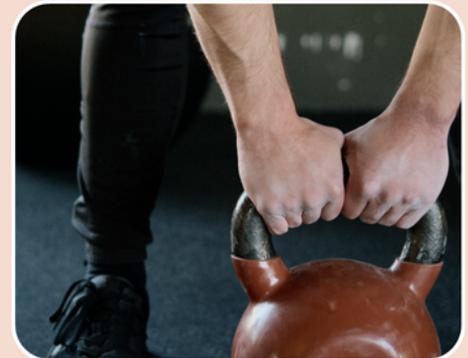


ORRIANT | LIVEWELL FDL COMPETITIONS 2024



Random Acts of Kindness

Each week, you are challenged to give back to those around you by accomplishing a random acts of kindness. The goal is 2 acts a week.

Steps Challenge

Prioritize being physically active. Accumulate as many steps as you can, on as many days as you can, through any type of physical activity.

Well-Being BINGO

Daily challenges so grab your water bottle, pull out your yoga mat, and prepare to shout BINGO - one good habit at a time!

Maintain Don't Gain

During the wintery holiday season keep your health at the forefront and maintain your weight over the holidays.

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