

Join us for the

Injury Prevention Challenge

Whether you sit at a desk or lift heavy objects, your back and core need to be strong. Even if you exercise the recommended 150 minutes a week, you may be causing harm to your body. Help your body out by staying injury-free!

What's it about?

The Injury Prevention Challenge is about helping you prevent injuries by strengthening your back and core.

How long is the campaign?

Four Weeks

The Challenge

Each week, you have the opportunity to create this healthy habit by participating in different injury prevention activities. Track your progress on your Activity Tracker and earn 12 points to complete the challenge!

