



Yoga



Adaptive Workouts



Financial Wellbeing



Sleep



Mindfulness



Healthy Eating & Recipes

THRIVE TOGETHER



## New Year, New You Wellness Challenge 2024

# COLLIN COLLEGE CHALLENGE

*For Full-Time Employees*

JANUARY 22-MARCH 22

EARN AT LEAST 230 POINTS IN THE BURNALONG PLATFORM

- 1 Once logged in to your Burnalong account, go to your profile and select "Individual Challenges."
- 2 Click "Accept" to join the 2024 New Year, New You Challenge.
- 3 Points include the total number of classes, minutes, and wellness habits.

*\*As a reminder, you must be logged in to classes in Burnalong; workouts added from other devices and programs do not qualify for this challenge. Collin College will not receive details regarding courses taken, only the list of of participants who exceed 230 points during the challenge.*



Three drawing winners will receive a \$50 voucher toward Collin College bookstores or cafés. Winners must earn at least 230 points in the Burnalong platform.

1 pt = per minute of class completed  
 15 pts = additional bonus for completing a class  
 5 pts = each wellness habit tracked

# 2024

[join.burnalong.com/collincollege](https://join.burnalong.com/collincollege)

burnalong

