



Start your bank's
**Take Charge,
Be Well**
health challenge!

TAKE CHARGE, BE WELL

Imagine slowing the rise of chronic diseases at your bank. That's what you can help do by implementing a **Take Charge, Be Well** health challenge. It's effective, important, and a lot of fun! Use these helpful tools to create your company's challenge.

Step 1

Download the **program planner** to learn how to set up and manage the challenge.

Step 2

Set a date for your challenge. Before that date, distribute the **poster** to employees to promote the upcoming challenge.

Step 3

Plan your communications; mark your calendar to send one **challenge email** per week. We suggest running the challenge over four weeks.

**Program
Planner**

**Challenge
Poster**

**Email
Templates**