



Step into the Wellness Challenge with purpose and movement! From scenic nature hikes and adrenaline-pumping obstacle courses to energizing office workouts and regional park runs, every activity is designed to boost your team's physical vitality.



Corporate
**Wellness
Challenge**



Activity	Requirements	Points	Bonus	Description
Nature Hike	Min. 5 staff must participate and register before and at the event.	Up to 50 points	No bonus points	An outdoor event with three difficulty levels for varying fitness levels.
Office Workout Series	Host at least one 60-min session; submit date/time 1 week prior; upload video and register within 48 hrs.	20 points for execution; up to 100 points based on staff participation	Additional 10 points for inviting guests	Staff and guests engage in sessions to boost physical movement between July 1, 2025 – Feb 28, 2026.
Road Run	Enter at least one designated Corporate Wellness Challenge road run.	Up to 100 points based on staff participation	No bonus points	Partnering with Running Events Jamaica, runs will offer points and spot prizes.
Park Run	Mobilize staff to participate in at least one of the four regional events.	Up to 100 points based on staff participation	No bonus points	Simultaneous 5k run/walks across MOHW regions in the early morning for Caribbean Wellness Day.
Obstacle Course Event	Submit a team of 6 (3 males, 3 females); fastest team wins.	Up to 100 points; 20 pts to male winner, 20 pts to female winner, 50 pts to overall team	10 points to participating teams	Teams tackle fun, strategic obstacles along a scenic route to test endurance.