



User Name:  
  
 Password:

[Not Registered?](#)  
[Forgot Password?](#)

- [Welcome](#)
- [Personal Trackers](#)
- [Health Tip](#)
- [Challenges](#)
- [Teams](#)
- [Share Your Success](#)
- [Events](#)
- [Invite a Friend](#)
- [Help](#)

## Welcome to the **HealthyLife Challenge!**

Congratulations on your decision to live a healthier lifestyle! This site is designed to aid you on your own wellness journey. Here you will find fitness, nutrition, and weight loss challenges and tracking devices. You are able to team up with coworkers, compete against others, and win prizes for participating!



Sign up now by [CLICKING HERE](#)

This program is brought to you by the American Institute for Preventive Medicine. AIPM has been leading the field of health promotion since 1983. They were one of the first five companies to be accredited by URAC for Comprehensive Wellness, and they continue to develop lifestyle enhancement programs to engage, motivate, and inspire positive behavior change.

- [Welcome](#)
- [Personal Trackers](#)
  - [Activity Tracker](#)
  - [Nutrition Tracker](#)
  - [Fuel an Active Lifestyle](#)
  - [Hydration Tracker](#)
  - [Weight Tracker](#)
  - [Whole Body Passport](#)
- [Health Tip](#)
- [Challenges](#)
- [Teams](#)
- [Share Your Success](#)
- [Events](#)
- [Invite a Friend](#)
- [Profile](#)
- [Help](#)

### My Progress

Today's Steps:

**3,227**

Today's Calories:

**118**

Total Steps:

**324,249**

Total Distance:

**00153**

mi

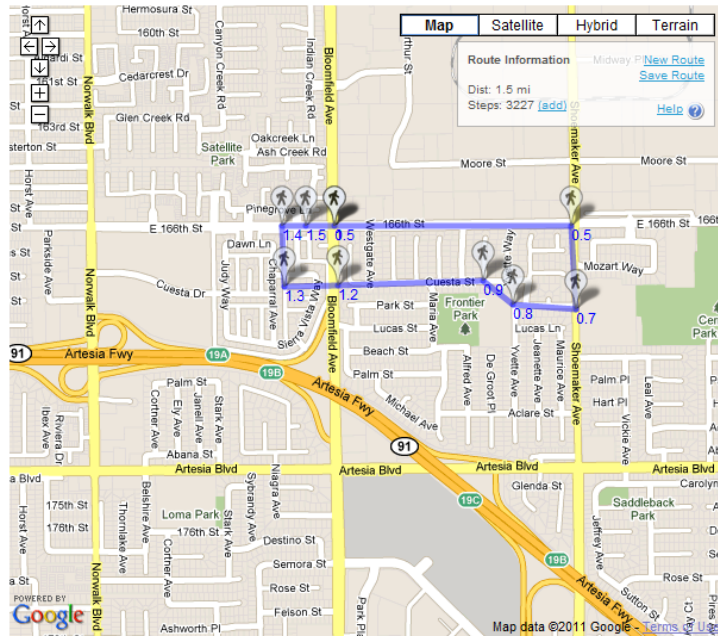
1 mi = approx. 2124 steps

### Count Steps

Enter date:



[Inbox \(2\)](#) / [Welcome Joe Fitness](#) / [Logout](#)



### Challenges

- [AIPM Challenge](#)
- [Around the World in 80 Days Scavenger Hunt](#)

[Join a challenge](#)

### Public Routes

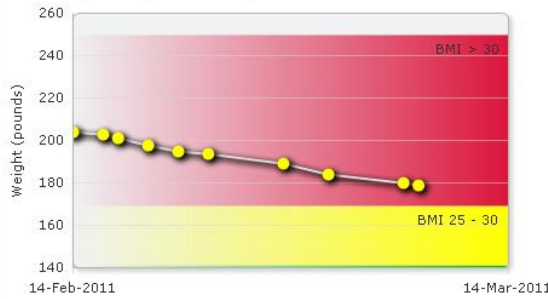
### My Routes

- [work 1](#)
- [work 5](#)



- Welcome
- Personal Trackers
  - Activity Tracker
  - Nutrition Tracker
  - Fuel an Active Lifestyle
  - Hydration Tracker
  - Weight Tracker
  - Whole Body Passport
- Health Tip
- Challenges
- Teams
- Share Your Success
- Events
- Invite a Friend
- Profile
- Help

### My Weight History



Show 1 Month

Your weight is 179 lbs.  
Your optimal weight is 104.4 - 141.1 lbs.

*If you walk 10,000 steps per day and eat according to your recommended nutrient intake, you can reach your optimal weight by walking: 155 days (729 mi). You may need to consult with a registered dietician to learn more about healthy eating and/or speak with a fitness professional.*

### Challenges

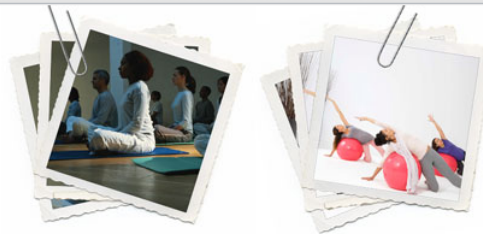
The Great Hot Air Balloon Race Weight Loss Challenge

[Join a challenge](#)

**Update Your Weight**

Enter date:

Enter weight:  Pounds



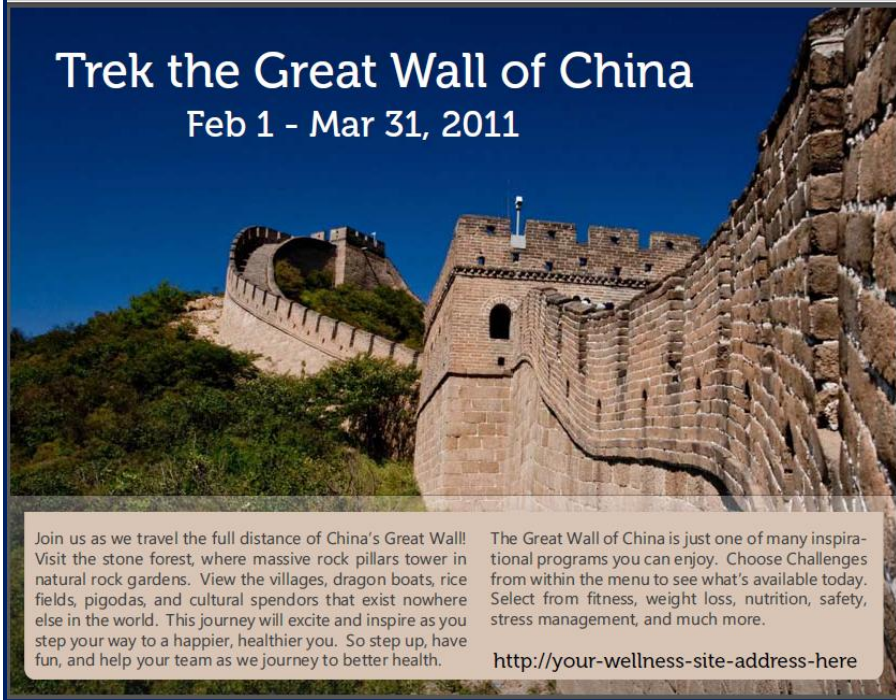
- Welcome
- Personal Trackers
  - Activity Tracker
  - Nutrition Tracker
  - Fuel an Active Lifestyle
  - Hydration Tracker
  - Weight Tracker
  - Whole Body Passport
- Health Tip
- Challenges
- Teams
- Share Your Success
- Events
- Invite a Friend
- Profile
- Help

All Categories							Apply	
Today							Mar, 2011	Day Week Month
Sun	Mon	Tue	Wed	Thu	Fri	Sat		
27	28	01 Mar	2	3	4	5		
6	7	8	9	10	11	12		
					Yoga!			
13	14	15	16	17	18	19		
				St. Patrick's Day!				
20	21	22	23	24	25	26		
27	28	29	30	31	01 Apr	2		
	Sleep Awareness		Health Risk Assessment					

- ★ Owner
- ✔ Registered

# Trek the Great Wall of China

Feb 1 - Mar 31, 2011



Join us as we travel the full distance of China's Great Wall! Visit the stone forest, where massive rock pillars tower in natural rock gardens. View the villages, dragon boats, rice fields, pigodas, and cultural splendors that exist nowhere else in the world. This journey will excite and inspire as you step your way to a happier, healthier you. So step up, have fun, and help your team as we journey to better health.

The Great Wall of China is just one of many inspirational programs you can enjoy. Choose Challenges from within the menu to see what's available today. Select from fitness, weight loss, nutrition, safety, stress management, and much more.

<http://your-wellness-site-address-here>

**The Great  
Hot Air  
Balloon  
Race**

**Weight loss  
Challenge**

Watch yourself fly away in a hot air balloon as you shed those pounds and get lighter by the week!

This challenge encourages healthy, sustainable weight loss. (1-2 lbs or up to 1 kg per week)

To Join:  
<http://your-wellness-site-address-here>

Challenge Dates:  
Nov 6 - Dec 6

