

# Get Fit While at Home with NJWELL

## Online Fitness Classes

Visit [Blue365deals.com](https://Blue365deals.com) to see all the online fitness programs and products available to you at a discount. BurnAlong, TRX and Livekick will help you keep moving and stay in shape as you spend more time at home. Earn 25 NJWELL points for your one-time registration.

## Health Education Webinars: Live one-hour sessions

Register using the links in each session. Register now as space is limited.

April 8	Managing Stress Through Meditation	12 p.m.
April 13	Your Gut: The Key to Your Health	12 p.m. or 1 p.m.
April 22	Cool, Calm and Collected: Tips for Managing Stress	12 p.m.
April 27	Nutrition Fads and Fiction	1 p.m.

## NJWELL Challenges

### Step Challenge Extended through April!

Take at least 5,000 steps a day for at least 24 days between February 1 and April 30.

### NEW! Water Challenge

Drink six glasses of water a day for at least 24 days between April 1 and May 31.

## Register for Challenges

- Sign into [HorizonBlue.com/shbp](https://HorizonBlue.com/shbp) and select *Wellness*.
- Select *NJWELL*, then *My Health Manager*.
- Scroll down and select the challenge to join.

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