

EMPLOYER TOOLKIT

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WELLNESS WONDERS OF AZ

Arizona is a wonder! It's a great place to live, play and be your best. The Wellness Wonders of AZ brings together fun and healthy activities that you can do with your colleagues, family and, friends. **As a founding employer of Wellness AtoZ**, we encourage you to participate in some or all of the wonders.

It's easy!



1.

SIGN UP ONLINE

WellnessAtoZ.org



2.

SHOW COMPANY PRIDE



3.

COMPLETE & LOG YOUR WONDERS



4.

WIN GREAT PRIZES!



MAY 29

WELLNESS AtoZ DAY

Choose your own wellness adventure or outdoor activity on this day.



SPRING TRAINING

Get out and play a sport - any sport.



MOUNTAINS & PARKS

Hike Arizona's local, state or national parks.



WATER IN THE DESERT

Swim in your backyard, local pool or at an Arizona lake.



Wellness AtoZ



ARIZONA SUNSHINE

Test your knowledge about sun safety. Take the online quiz.



CANALS & GREEN SPACES

Run, bike or walk Arizona's open spaces.



FARMER'S MARKETS & GARDENS

Visit a market, community garden or plant a garden!

LEARN MORE

WellnessAtoZ.org

LET'S GET SOCIAL



GoWellnessAtoZ

Wellness Wonders of AZ is a program of Wellness AtoZ



Wellness AtoZ

WELLNESS
WONDERS OF AZ

GET OUTSIDE. GET ACTIVE.
ENJOY UNIQUE FEATURES OF ARIZONA.

LEARN MORE



Wellness **AtoZ**

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Explore the wonders of Arizona and discover a healthier you.



Arizona is a wonder! It's a great place to work and thrive – a place to live, play and be your best. With its local pride, sense of community, unique weather and breathtaking landscapes, Arizona is truly a wonder. The Wellness Wonders of AZ, a program of Wellness AtoZ, brings together fun and healthy activities that you can do with your family, colleagues, groups, clubs or simply enjoy some 'me time.'

As a founding employer of Wellness AtoZ, we encourage you to participate in some or all of the wonder activities. From hiking a mountain to visiting a farmers market, there is definitely something for everyone – and it's free! The event kicks off today and wraps up with Wellness AtoZ Day on May 29. When you register you automatically get entered into a prize raffle with a range of prizes. The more activities you complete, the more chances you have to win!

It's easy!

Signing up is easy. Go to WellnessAtoZ.org today. Register and then login to start checking off your completed wonder activities. Have fun!



Wellness Wonders of AZ is a program of Wellness AtoZ



Wellness **AtoZ**

It's spring in AZ. Time to get outside and get active!



With Arizona's local pride, sense of community, unique weather and breathtaking landscapes, Arizona is truly a wonder. As a founding employer of Wellness AtoZ, we encourage you to participate in the Wellness Wonders of Arizona. This event is a great opportunity to experience seven unique features of our state and take part in easy to do activities, geared to every level of fitness and ability. Here are the seven Wonders of AZ:

- **MOUNTAINS & PARKS**
Hike Arizona's local, state or national parks.
- **CANALS & GREEN SPACES**
Run, bike or walk Arizona's open spaces.
- **FARMER'S MARKETS & GARDENS**
Visit a market, community garden or plant a garden!
- **SPRING TRAINING**
Get out and play a sport - any sport.
- **WATER IN THE DESERT**
Swim in your backyard, local pool or at an Arizona lake.
- **ARIZONA SUNSHINE**
Test your knowledge about sun safety. Take the online quiz.
- **MAY 29**
WELLNESS AtoZ DAY
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The event kicks off today and wraps up with Wellness AtoZ Day on May 29.

When you register you automatically get entered into a prize raffle. The more activities you complete, the more chances you have to win!

So, grab a colleague, your family or your friends and discover the Wonders of Arizona. Sign up at WellnessAtoZ.org today. Register and then login to start checking off your completed wonder activities. **Have fun!**

