

WELLNESS WONDERS OF AZ

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, great climate, and breathtaking landscapes, Arizona is a place for thriving communities!

The Wellness Wonders of AZ fall challenge brings together fun and healthy activities that you can do with your family, colleagues, groups, clubs or simply enjoy some "me time." Enjoy the cool fall weather and challenge yourself to complete all seven Wonders by November 12!

It's easy!



1. SIGN UP ONLINE

Wonders.WellnessAtoZ.org



2. COMPLETE & LOG YOUR WONDERS



3. SHARE YOUR COMMUNITY PRIDE



4. WIN GREAT PRIZES!



THE CHALLENGE BEGINS
October 1!



CHOOSE YOUR OWN ADVENTURE
Discover Arizona!
Choose your own outdoor activity.



TACKLE FALL SPORTS
Get out and play a sport—any sport.



MOUNTAINS & PARKS
Find the fall colors at local, state, or national parks.



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FIT FOR A CAUSE
Walk or run in a charity race or volunteer in your community.



MINDFULNESS CHALLENGE
Take care of your mental health with a 10 minute activity.



CANALS & GREEN SPACES
Run, bike, or walk Arizona's open spaces.



FARMERS MARKETS & GARDENS
Visit a seasonal orchard, community garden, or market!

LEARN MORE

WellnessAtoZ.org

LET'S GET SOCIAL

@GoWellnessAtoZ

#WellnessAtoZ

#WellnessWondersofAZ

#DiscoverArizona



Wellness Wonders of AZ is a program of Wellness AtoZ



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