



# WellPath's 30-DAY 12 DAYS OF CHRISTMAS CHALLENGE



WellPath's 30-day, 12 Days of CHRISTmas Challenge has you building a 15-minute exercise routine, over 12 days, and then doing that routine at least 5 times/week for the remainder of December

Begins  
**DEC 1**  
**2025**

**REGISTER TODAY**

Visit the 12 Days of Christmas home page to learn more.



**UP FOR THE  
CHALLENGE?**

