



Lose a little — gain a lot!

Our JourneyWell award-winning health and wellness programs provide State of Minnesota employees with the tools and support you need to make permanent lifestyle changes. Available online or over the phone, choose the path to better health today.

You're just a call or click away

Call

Get Moving, Get FitSM

Set personal activity goals and enroll in our award-winning 10,000 Steps[®] program. Work with an exercise specialist to increase regularity of physical activity, develop conditioning through aerobic activity, enhance flexibility and discover the benefits of strength training.

Healthy Lifestyles, Healthy Weight[®]

Get the support you need to achieve your weight loss goals and manage your weight successfully. Topics include healthy eating, physical activity and exercise, stress management, weight maintenance and relapse prevention.

Healthy Eating, Healthy LifeSM

Healthy eating can increase your energy level, enhance athletic performance and combat stress. Topics include making healthy food choices using the new Dietary Guidelines. All course topics are tailored to meet your individual nutrition and health goals.

Click

JourneyWell 10,000 Steps[®] Program

Get stepping with this award-winning 8-week program that includes a pedometer, motivational e-mails, articles and a step conversion calculator to add activities like biking or swimming to your daily step total. Choose one of two versions: Lose Weight or Feel Great.

JourneyWell Weight e-Program

Take control of your weight! This 12-week online program provides you with the tools you need to stop dieting and start changing your lifestyle. It includes information on weight loss and related topics, motivational e-mails, a calorie calculator, recipes and trackers to record what you eat, your activity and your weight.

Suggested Courses:

Phone

Get Moving, Get FitSM

Healthy Lifestyles,
Healthy Weight[®]

Healthy Eating,
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Online

10,000 Steps[®] Program

Weight eProgram