

GAME ON!

ENERGYCHASE



Connect



CREATED BY



HEALTHCHASE



WHO SHOULD PLAY?

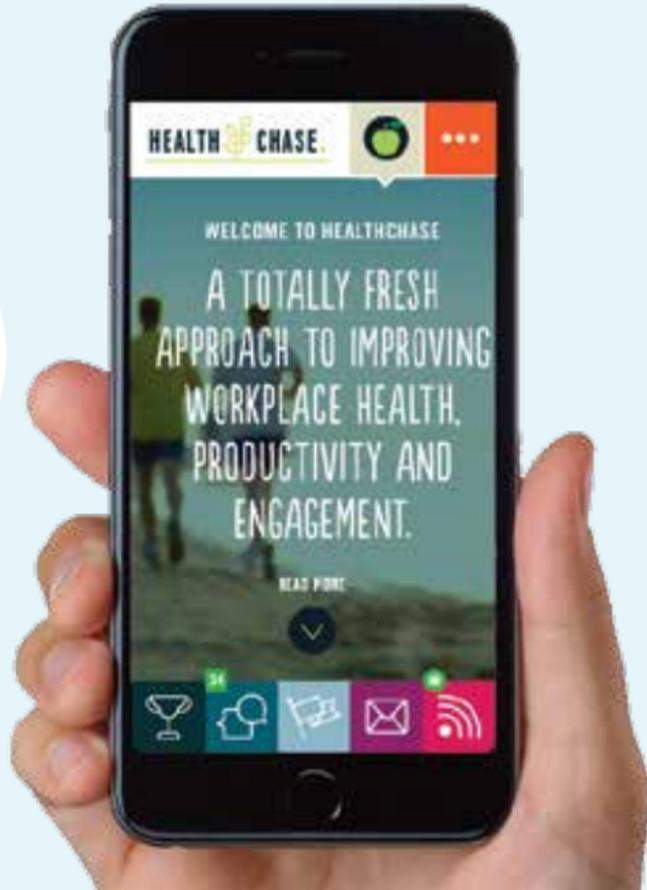
Everyone! EnergyChase is designed for busy lifestyles – it's about being conscious of the dietary and activity choices you make every day. It can really help you get healthier, boost energy, feel better and be more productive. Busy people often benefit the most.

It only takes seconds to enter scores and play the game.

Exercise not your thing? Don't worry, EnergyChase provides the motivation to get up and do it! You decide how to earn your exercise points, which can be as simple as a brisk walk, or as intense as a full workout, whatever gets your heart rate up. Find what you enjoy and fits in with your lifestyle.

Not into diets? Neither are we. EnergyChase is not a diet plan, it's a way of motivating you to make sustainable changes that work for you. You gain Chase Points for including fruits, vegetables and wholegrains in your diet.

We live in the real world! The odd sweet or glass of beer or wine is fine too, we just help you do it in moderation. There's even a full day off each week to make it all very achievable. No fads, calorie counting or food diaries.





SO HOW DOES IT WORK?

Simple. You build your score by choosing or creating meals that contain fruit, vegetables and wholegrains. Water, moderate activity and exercise further boost your points. You can enter your scores via your phone, tablet or PC and see the immediate effect on the live scoreboard – it's a great motivator!

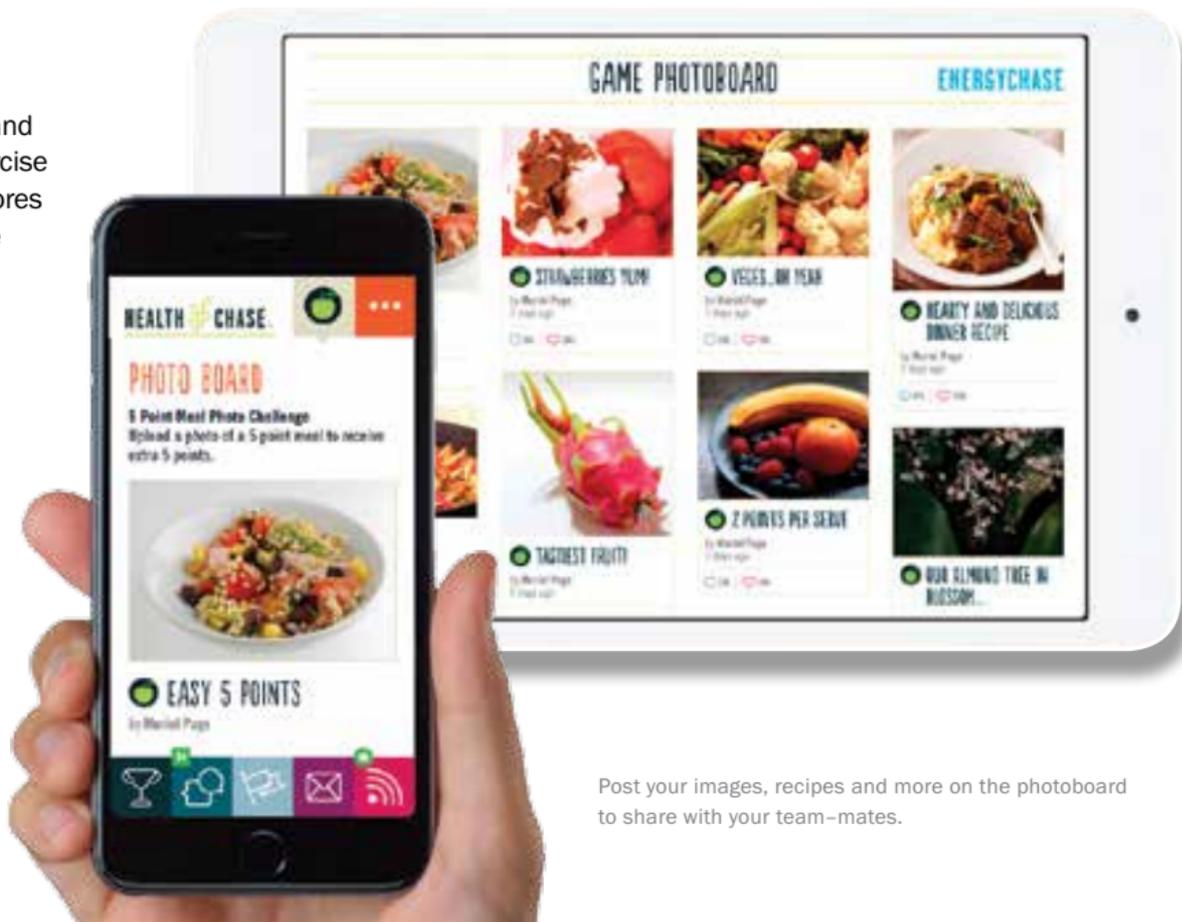
As well as the scoreboard, the EnergyChase WebApp also lets you post photos of your culinary or exercise achievements and banter with teammates or other teams – the goal is to have fun, get healthy and share the experience with your workmates.

EnergyChase really is the most enjoyable way to get sustainable healthy habits into your lifestyle to feel great.

SO SIGN UP AND LET THE GAME BEGIN!

For more information visit us

WWW.HEALTHCHASE.COM 



Post your images, recipes and more on the photoboard to share with your team-mates.