

Join the Be Well Illinois Nutrition Ambition Challenge!

May 1 – May 31



This challenge helps you enjoy a healthy, well-rounded diet by following basic nutrition principles from the World Health Organization. You will learn about important ways to make nutritious choices and build healthy eating habits. Creative and nutritious recipes from the Academy of Nutrition and Dietetics will also be provided to inspire healthy cooking at home!

Easy-To-Follow Steps

- 1 Create a [Wellable Account](#)
- 2 Scan the QR code to download the Wellable app
- 3 Login using the credentials you entered to create an account
- 4 You're all set!



Questions? Contact support@wellable.co



Attention: University of Illinois System Office Employees only: U of I System Office operates under their own Wellable program. To sign up or sign in, please visit: <https://app.wellable.co/SystemOfficeWellness>