

NIH-Featured “Move at Work Challenge” Proves Workplace Wellness Works- In Just 5 Minutes a Day

After eight years of success in Colorado’s largest school districts, the Move at Work Challenge is now opening its doors to corporate leaders nationwide for a live, interactive demo on November 6.

Denver, Colorado Nov 5, 2025 ([Issuewire.com](https://www.issuewire.com)) - In a world where most corporate wellness programs struggle to deliver lasting change, one Colorado-born initiative is proving that well-being doesn’t have to be complicated. Recently featured by the *National Institutes of Health (NIH)* at the *International Symposium to Advance Total Worker Health®*, the Move at Work Challenge Program has demonstrated measurable improvements in energy, focus, and morale - all in under seven minutes a day.

Developed by Dr. Saara Haapanen, an internationally published researcher in motivation and optimal human performance, the program blends movement, mental health, and motivation into short daily videos that engage even the busiest, most burned-out employees.

“We’ve spent years studying how to motivate humans for real change,” said Dr. Haapanen. “So many wellness programs often work against how the human brain functions. Move at Work was built to work with it — making well-being simple, social, and sustainable.”

Built on behavioral science and designed to meet employees where they are, Move at Work is universally designed so all humans, regardless of age, ability, or neurotype, can thrive.

The program’s eight-year success in Denver Public Schools, where over 1,000 employees participated, earned it national recognition for helping boost productivity, morale, and focus across diverse teams. Now, HR and wellness leaders can experience it in action during a live, interactive 55-minute demo on Thursday, November 6, at 1:00 PM MST.

In this interactive session, attendees will:

- **Experience** science-backed micro-sessions that activate both the body and brain
- **See** real data from Denver Public Schools’ eight-year implementation
- **Learn** behavior principles that keep employees coming back — even when they’re busy or burned out
- **Join** a candid peer discussion about what’s actually working in wellness right now
- **Ask** questions directly to a district wellness leader

“This isn’t about yoga mats and step challenges,” said Haapanen. “It’s about embedding health into the workday itself - helping humans recharge their minds, reduce stress, and refocus before burnout hits.”

Attendance is limited to 50 HR, Benefits, and Wellness Directors, C-suite leaders, and L&D professionals to ensure a hands-on, discussion-based experience. There will be **no recording** to keep the conversation open and authentic.

Event Details

Move at Work Challenge: Live Demo

Date: Thursday, November 6

Time: 1:00 PM MST

Live + Interactive (no recording)

Register now: <https://calendly.com/haapanen/moveatworkdemo>

Limited to 50 participants

This live session offers leaders a rare behind-the-scenes look at how behavioral science can turn workplace wellness into lasting performance change.

About Move at Work Challenge

The Move at Work Challenge program is a science-based initiative that helps organizations boost employee well-being and performance in just 5–7 minutes a day. Founded in 2018 by Dr. Saara Haapanen, the program integrates movement, mental health, and motivation to reduce tension, improve focus, and foster a culture of care and performance.

Uniquely universally designed, Move at Work engages *all* employees — including those who identify as neurodivergent or have ADHD - by providing flexible, accessible tools that fit real workdays and real brains. Recognized by the National Institutes of Health (NIH) for its measurable outcomes and sustained engagement, the program has helped more than 1,000 employees improve energy, morale, and mental health at work.

About Performance is Haapanen

Performance is Haapanen is a Colorado-based performance and wellness consulting firm founded by Dr. Saara Haapanen, an internationally published researcher in motivation, emotion, and optimal human performance. The boutique firm helps organizations improve well-being, engagement, and retention through evidence-based strategies that integrate movement, mental health, and motivation.

From leadership development and ADHD workplace training to large-scale wellness programs, Performance is Haapanen partners with organizations to create cultures where people feel better, focus better, and perform better. Clients include Denver Public Schools, UCHealth, and national non-profits dedicated to building healthier, higher-performing workplaces.

Learn more at MoveAtWorkChallenge.com or connect at saara@performanceishaapanen.com.

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