

# Join in our **ACTIVITY & STEP CHALLENGE**

## What is the Activity & Step Challenge?

Our Activity & Step Challenge is a 6-week competition to encourage healthy habits this fall season. Individuals can submit their total steps/activity points online each Monday for the previous week (*averages will be calculated for teams*). At the end of the 6-week period, the winning team, top individual, and top retiree will be announced! **The reward?** A trophy (plus bragging rights, of course)!



## Important Dates

- ▶ **REGISTER ONLINE:** August 31<sup>st</sup> – September 10<sup>th</sup>
- ▶ **CHALLENGE PERIOD:** September 13<sup>th</sup> – October 24<sup>th</sup>
  - ▶ **CHALLENGE ENDS:** October 24<sup>th</sup>
- ▶ **LAST DAY TO SUBMIT STEPS:** October 26<sup>th</sup>
- ▶ **WINNERS ANNOUNCED:** November 1<sup>st</sup>

## The Details

- ▶ Participate on a team or individual
- ▶ Teams can have a maximum of 10 participants
  - ▶ Teams will identify a team captain to fill out one registration form
  - ▶ Individual participants use first and last name as team name
- ▶ Receive weekly emails with tips & encouragement
- ▶ Weeks run Monday–Sunday
  - ▶ Submit steps & activity every Monday for the previous week



Always consult your healthcare provider before beginning any exercise program or diet/nutrition program. This content is for general information and education only, and is not intended to diagnose any medical condition or to be a substitute for professional medical advice, diagnosis, or treatment. You should immediately stop any exercise and consult your healthcare provider if you experience pain, nausea, dizziness, or shortness of breath. If you think you are having a medical emergency, call 911. Learn more at: [www.myhealthonsite.com/privacy-policy](http://www.myhealthonsite.com/privacy-policy). | My Health Onsite Adheres to All HIPAA & Confidentiality Regulations | © 2021 My Health Onsite | All Rights Reserved | REV081621