



IT'S TIME TO SHOW US WHAT YOU CAN DO!

Join **BE ACTIVE**, a 6-week physical activity challenge to see how much you can accomplish. Your mission is to accumulate a minimum of 30 minutes of exercise per day (maximum of 240 minutes) for at least 5 days a week. Use weekly fitness tips and wellness ideas to help you reach and maintain your activity goals!

HOW IT WORKS

- 1** Sign up for the challenge between June 1, 2021 and June 11, 2021 on the WellWork Challenge site: <https://www.wellworkchallenge.com/de/login>. Create a username and password and fill out your profile. Once you've created your profile, click to join the BE ACTIVE challenge. (If you participated in a previous challenge, sign-in with your old username and password, and click to join the BE ACTIVE challenge.)
- 2** Join the conference: Everyone will compete in this challenge as an individual.
- 3** Starting Monday, June 7th, log how many minutes of physical activity you've completed every day on the minute tracker. Encourage your coworkers to be active more each day.
- 4** Track your spot on the leaderboard via the online portal or via the free app (details online).
- 5** Read the weekly game plans at the beginning of each week to find a new health focus and motivational tip to help you reach your goals.
- 6** Complete all minutes of activity on Sunday, July 18th. Participants have until 2:00PM on Monday, July 19th to submit their minutes in the online portal.
- 7** The following prizes will be awarded (one prize will be awarded per person):
 - **1st Place Individual:** Full Portable Home Gym
 - **2nd Place Individual:** Handheld Deep Tissue Massage Device
 - **3rd Place Individual:** Stepper with Resistance Bands and Hydracy Fruit Infuser Water Bottle
 - **Raffle Prize:** Apple Watch (the raffle drawing will be from those participants who complete all six weeks of the wellness challenge)

