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](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)