



ONTHEMOVE

Join the challenge!

Wear a pedometer, fitness tracker or use your mobile phone to track your steps for eight weeks. Aim for 10,000 steps each day for great health! Compete with your coworkers to move more and get fit!

Here's how it works:

- 1 Sign up on the [WellWork Challenge site: http://onthemovedc.wellworkchallenge.com](http://onthemovedc.wellworkchallenge.com)
Create a username and password and fill out your profile. Once you've created your profile, click to join the ON THE MOVE challenge.
(If you participated in last year's challenge, sign-in with the username and password from last year, and click to join the ON THE MOVE challenge.)
- 2 Join a conference: You can compete as a part of a team or as an individual. Teams can be from 2-5 people & will average steps across all team members.
- 3 Once you've logged in, connect your device. You can connect your Fitbit, Garmin, Jawbone, Misfit, Fitbug & Withings device. You can also use the free Moves or Azumio app to track your steps using your phone's accelerometer.
- 4 Starting February 1st though March 28th, wear your device & track your steps! Encourage your teammates and coworkers to step more each day.
- 5 Track your spot on the leaderboard via the online portal or via the free app (details online).



Use the weekly tip sheets to get creative ideas for stepping around!

ONTHEMOVE
Taking steps to better health

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Questions? Contact us! Send us an email at support@wellnesscorporatesolutions.com or call us at 301-229-7555 and press 2 for customer care.