



250K STEPS APPS & DEVICES MOVEMENT

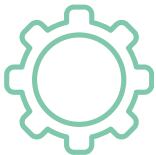
ACTIVITY STARTS: 4/1/2017
(or the 1ST day you sync your device)

ACTIVITY ENDS: 6/30/2017
(points awarded once device is synced and 250K steps have been completed)



Get connected and start moving with the 250,000 Steps Apps & Devices Movement.

Release stress with a walk, add in cardio by jogging, or work toward weight-management goals with a run. Whatever you do, being active helps lower your risk of some chronic diseases. Now, you can see how far you've gone!



HOW IT WORKS:

Sync a compatible health app or device and then start moving! Need to know if your device will work or which one is compatible? Check here: www.myappsanddevices.com and look under the **Steps Challenges** section.

A few recommendation from SCHOOLCARE participants:

Are you the type that likes to carries your smart phone with you? Try one of these three FREE apps: Moves, BeWell Connect or Yoo Challenge.

Looking to purchase a device? Try a FitBit or Garmin device. They are rated best fitness trackers in 2016, are reasonably priced, easy to find, and easy to sync!

HOW TO SYNC DEVICE:

- Go to your **Activity tab**
- Click **Add New App or Device** then **Connect**
 - Need to add App or Device? Click on **Manage Apps & Devices**
- Follow the prompts
- Click **Sync Data**

YOUR GOAL:

Reach 250,000 steps by the end of the quarter and earn incentive (starts new each quarter) (\$50 for employees, \$25 for spouses & retirees)

Questions about this challenge or your wellness program? Call 888-VIVERAE (848-3723).

*Consult your physician before a new physical activity program, especially if you are a man over 40, woman over 50, or if you experience chronic health problems, such as heart disease, diabetes, or obesity.