



STEP IT UP!
CHALLENGE
2015

bwell
your well-being matters.

Team Tip Sheet



2015 Step-It-Up! Challenge

Gather your posse. Collect your clique. Assemble your hoarde. The Step-It-Up! Challenge is back and it's better than before! This year you'll team up to reach the challenge goal. Not only will you have a blast doing this challenge together, but also your team members will be your best support system. They will hold you accountable, keep you motivated and make this challenge fun!

Your challenge? Create or join a team and log approximately 50,000 steps a week for four weeks for a TEAM total of 2 million steps.

The bWell Step-It-Up! Challenge isn't just about walking; other activities count toward a steps goals each week. You can convert almost any activity into steps—from walking your dog to a weekend tennis tournament. (Check the [step conversion chart](#) for easy translation of your activity).

Details

- Join an existing team or create your own.
- **Team size:** 4 to 12 individuals per team.
- **Goal:** Walk 50,000 steps a week for four weeks for a total of 2 million steps between May 1 and 29. You can also enjoy your favorite activities and convert them to steps during the challenge.
- The Challenge is open to employees who are enrolled in a BMC medical plan.



Challenge Dates

- **Challenge Starts:** May 1
- **Challenge Ends:** May 29
- **Last day to track and enter activity:** June 1





Get Your Rewards

- Step It Up! wrist band and smartphone armband just for signing up!
- **Two teams will take home a \$250 gift card for each member**—one for the team with the highest average steps per member, and one for the team who wins the random prize draw. (If the team meets the 2 million steps goal).
- 250 bWell points if your team collectively meets the 2 million steps goal. Achieve the goal and each team member is closer to advancing to Level 3 (5,000 points) – the ultimate goal of bWell 2015. When you reach Level 3 you're eligible to win some amazing prizes, including five exclusive spa resort vacations!



Sign Up Today!

If you haven't created an account on myBMCwellness.com:

- Go to myBMCwellness.com and click on **Get Started**.
- Find the link to the Step-It-Up! Challenge page.
- Link your account to your activity tracker or activity tracking website or app (such as [MyFitnessPal](#) or [Moves](#)).

Tracking Tips

- If you are logging your activity manually, be sure to visit myBMCwellness.com at least once a week to report your activity.
- Go online frequently to check your progress and urge on your team members.
- Use your smartphone as an activity tracker. Download an app like [Moves](#) to your phone. Pop your phone into your Step-It-Up! Challenge armband and wear it everywhere. [Moves](#) automatically records any walking, cycling and running you do.

Resources

- [Activity trackers](#) you can sync to your account on myBMCwellness.com
- Online programs (and apps) for exercise tracking:
 - [MyFitnessPal](#)
 - [Spark People](#)
 - [Moves](#)
- [Activity Conversion Chart](#). Please note: Conversions are estimates; your actual steps may vary.
- [bWell 2015 Wellness Program Overview](#)





Step-It-Up! Team Challenge FAQs

Q: How do I start my own team?

A: From the leader board – click on **Start your own team** next to the green plus symbol. A new window will pop up to instruct you on how to finish the creation of your team. Choose a team name and click **Create Team**. A message window will pop up above the challenge after you have successfully created your team.

Q: How do I invite people to my team?

A: To invite people to your team, scroll down on the challenge page. Find the green plus sign and click on **Invite another person to join this team**. Type in their sign-in name or email address to invite them.

Q: How do I join a team?

A: Look to the left of the challenge page for the leaderboard. Find the team you would like to join and click on **Join**.

Q: I don't see the team that I want to join. Why?

A: If you do not see the team you want to join, that means it already has the maximum 12 members. Please join another team or create your own.

Q: Any restrictions on team size?

A: You must have at least 4 team members, and no more than 12 team members.

Q: Can I remove a team member who isn't contributing?

A: Team members cannot remove one another; only the users can remove themselves. To change teams, users must leave the challenge entirely, rejoin it and select a different team.





Step-It-Up! Team Challenge FAQs

KEEP YOUR HARD-EARNED POINTS

Q: When will we earn our points for completing the Challenge?

A: Points are awarded 3 days after the challenge end date, May 29. Do not delete the challenge from your **My Plan** until a full 3 days have passed and your points have been awarded.

Q: Can I leave a team?

A: If you leave a team you can't recover your tracked activities or transfer them to another team. You must start again with a new team, from zero.

Q: Can I transfer my tracked activities to another team?

A: No. If you leave a team, your actions and points will be removed from that team, and you will be starting again with a new team, from zero.

Q: When is the latest I can track my past activities?

A: You are able to track activities as far back as one week.

Q: How do we determine winners?

A: The leaderboard will show total steps, but the prize winners will be determined based on the average steps per team. The leading team each week will be announced on the comments section of the challenge page.





Boost Your Step Count

Ideas for Increasing Activity Levels

- Take the stairs.
- Find the farthest parking space instead of the closest one.
- Take a walk around the block before going to work.
- Plant and care for a vegetable or flower garden.
- Stroll around the field while watching your child's sporting event.
- Turn your TV into a personal trainer. Try push-ups, sit-ups, lunges, yoga poses while you watch or during commercial breaks.
- Take a class in martial arts, dance or yoga.
- Walk around the restaurant or parking lot while waiting to be seated.
- Arrange Walking Meetings and follow these tips:
 - Walking meetings work best with 2 to 5 people.
 - Walk at a comfortable pace for everyone and wear athletic shoes when possible.
 - Immediately following the walking meeting, write down key points and tasks.
 - Keep a spare pair of walking shoes and socks at the office for spontaneous meetings.
- Houston Campus: Sign up for the Cinco de Mayo Fun Run, Tuesday, May 5 at 6:30 a.m., City West Fitness Center, Garage 4.

