



STEP **IT** UP  
**CHALLENGE**  
— ★ 2016 ★ —



*Team Tip Sheet*



# 2016 Step-IT-Up! Challenge

## Go For The Gold

On your marks, get ready, go! The Step-IT-Up! Challenge is your annual opportunity to earn 500 bWell points, a \$150 gift card and—if you bring home the gold—a chance to win a trip to the Summer Olympics in Rio de Janeiro. This is the year to aim higher. Team up, lace up and grab your torch.

Summon your inner athlete and find your Olympic event—from walking and badminton to swimming and table tennis. You can convert almost any activity into “steps.” (Check the [ADURO step conversion chart](#) or [visit this web site](#) for easy translation of your activity).

## Details

- Join an existing team or create your own.
- **Team size:** 5 to 7 individuals per team.
- **Goal:** Each team member aims for 70,000 “steps” a week (through walking or converted from ANY fitness activity) for four weeks for a total of 1.5 million “steps” between May 2 and 29.
- The Step-IT-Up! Team Challenge and 2016 bWell Olympics are open to all employees—whether or not you have medical coverage through BMC. Note: Only employees with BMC medical coverage are eligible for the bWell Olympics Bronze or Silver rewards. Get the details [here](#).



## Challenge Dates

- Challenge Starts: **May 2**
- Challenge Ends: **May 29**
- Last day to track and enter activity: **June 1**





## Get Your Rewards

- **Two teams will take home a \$150 gift card for each member**—one for the team with the highest total steps and one for the team with the highest average steps per member. (If each team meets the 1.5 million steps goal).
- 500 bWell points if your team collectively meets the 1.5 million steps goal. Achieve the goal and each team is closer to advancing to Level 4 (7,000 points) and taking home a gold medal in the bWell 2016 Olympics. When you get to gold, you're eligible for the ultimate reward—a grand prize trip for two to the Summer Olympics in Rio de Janeiro.



## Sign Up Today!

If you haven't created an account on [mybmcwellness.com](http://mybmcwellness.com):

- Go to [mybmcwellness.com](http://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 [MapMyFitness](#) or [Moves](#)).

## Tracking Tips

- If you are logging your activity manually, be sure to visit [mybmcwellness.com](http://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. Moves automatically records any walking, cycling and running you do.

## Resources

- [Activity trackers](#) you can sync to your account on [mybmcwellness.com](http://mybmcwellness.com)
- Mobile apps for exercise tracking:
  - [Moves](#)
  - [Runkeeper](#)
  - [MapMyFitness](#)
  - [Strava](#)
- [ADURO Activity Conversion Chart](#)  
Please note: Conversions are estimates; your actual steps may vary.
- [2016 bWell Olympics Overview](#)
- [Purdue University activity conversion chart](#)



## Step-IT-Up! Team Challenge FAQs

### Q: How do I start my own team?

**A:** From the leaderboard – 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 on **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 seven members. Please join another team or create your own.

### Q: Any restrictions on team size?

**A:** You must have at least five team members, and no more than seven 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 Step-IT-Up! Challenge?**

**A:** Points are awarded 3 days after the challenge end date. 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. At the end of the four-week challenge the team in first place will win one of two prizes. Another winning team will be determined based on the highest average steps per member over the four-week challenge. Winners will receive an email at the end of the challenge and will be announced in the May benefits newsletter.





## Boost Your Step Count

### Ideas for Increasing Activity Levels

- Sign up for the BMC 5K Fun Run. (Watch your email for details).
- Take the stairs at work, shopping or at events.
- Grab your cell phone and walking during conference calls.
- Opt for the restroom furthest away from your workstation.
- Walk before and after you shop. Find the farthest parking space instead of the closest one. After you shop, take a couple of laps around the store.
- Be inefficient. Bring your groceries into the house a bag at a time.
- Spring clean. Vacuuming, dusting, scrubbing and other serious house cleaning can create high step counts.
- March in place when you fold laundry or wash dishes.
- Sign up for a walk/race charity event.
- Stroll around the block while waiting for your child to complete a music lesson.
- 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.

