

BE HEALTHY • GET REWARDED

TRACK IT

A WELLNESS CHALLENGE

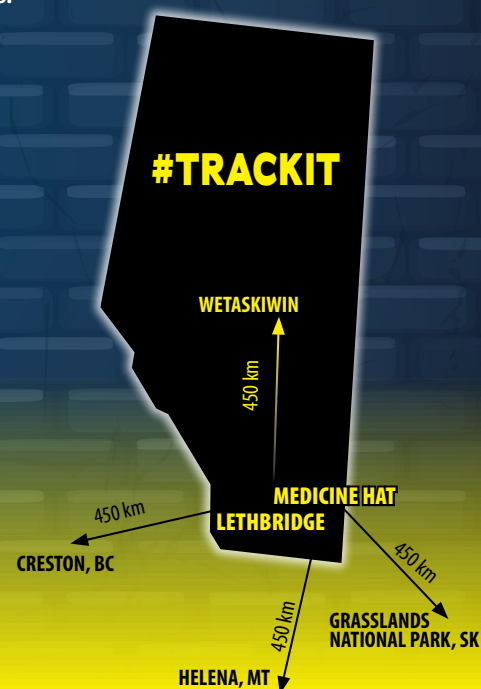
Last week we told you about the **Track It walking challenge** between the University of Lethbridge, Lethbridge College and Medicine Hat College. Now it's time to recruit and sign up your teams.

Between **Monday, May 31 and Sunday, June 27**, teams will track their steps to see how far they can make it on a simulated trek from southern Alberta to four great destinations. While each team is competing to see how far they can get, collectively the teams' steps will count towards their school's totals.

| # OF PEOPLE/TEAM | STEPS PER DAY/PERSON | WEEKLY STEPS (7 DAYS)/TEAM | DISTANCE |
|------------------|----------------------|----------------------------|----------|
| 4 | 20,000 | 560,000 | 450km |
| 5 | 16,000 | 560,000 | 450km |
| 6 | 13,333 | 560,000 | 450km |
| 7 | 11,425 | 560,000 | 450km |
| 8 | 10,000 | 560,000 | 450km |
| 9 | 8,888 | 560,000 | 450km |
| 10 | 8,000 | 560,000 | 450km |

1,250 steps = 1 km

This step chart is a guide only – some days you may choose to walk more, other days less.



Can't find walking buddies? That's okay. Teams can include bikes, rollerblades or even pogo sticks.

Just have your movements converted to steps and count them towards your team's overall trek. Along with bragging rights, there will be weekly prizes and draws up for grabs. No matter how far your team gets, it's all about getting active so everyone wins.





To sign up simply click on your institutions Track It site.

1. **Team name**—there is a prize for the best name, so be creative!
2. **Captain name and email**—the captain will be responsible for sending team's weekly total steps to the school's Track It coordinator as well as communicating info to team members.
3. **Team members and emails**—teams should include four to 10 individuals. Remember, the larger the team, the fewer the steps per person. Strength in numbers.

Now that your team is all signed up, there are a few options you can use to track steps.

FOR ALBERTA BLUE CROSS BALANCE® USERS.

- Head to Balance the wellness platform on the Alberta Blue Cross website.
- Sign in through the Alberta Blue Cross member site or member app and select Balance under "your benefits".
- Go to "Trackers" on the menu to set up your step tracker.
- If you have a wearable device such as FitBit, Garmin or Wear OS by Google, you can sync it to Balance so your steps are automatically tracked. If you have a different app to measure your steps, you can manually enter your totals each day into the tracker (you can even set up a reminder to do so).
- Each day that you add your steps, manually or automatically, Balance rewards you for all your healthy actions with points that can be used to enter prize draws for gift certificates in the Balance store.
- For bonus points, you are encouraged to take the Health Risk Assessment—a confidential health report card and action plan related to your physical, mental and financial wellness.

OTHER

- **ParticipACTION.com** offers a free fitness app you can download to track your steps.
- Simply go to the **ParticipACTION website** and click the "Track your activity" box. You will be taken to a page where you can choose either the Google App store or Google Play to download and begin using the app.
- Using the ParticipACTION app, you can sync your fitness device or manually enter your steps for chances to win prizes.
- Use the old school option and track your daily steps in a notebook, calendar or pedometer.

SUBMITTING STEPS

- However you track your steps, through Balance or somewhere else, don't forget to send your daily or weekly total steps to your team captain.
- Team captains must submit the group's weekly step count to their Track It coordinator by Monday at noon. Track It coordinators will add the steps to school totals.
- School totals will be updated and available on your schools Track It webpage the each Wednesday.

PRIZES

- All teams who complete the challenge will be entered into a draw for a team prize.
- Bragging rights! Teams can walk beyond the distances of this challenge for school bragging rights. To figure this out, we will take the total distance walked by a school divided by the number of participants to get the average distance travelled by each group. The school with the highest average earns top billing and school presidents will be required to dress in gear from the winning school.
- BONUS prizes galore thanks to our generous sponsors. There are \$1150 dollars' worth of prizes, including \$250 from Alberta Blue Cross and \$300 from ParticipACTION, to be won for a variety of challenges.
 - Best team Name (voted by race planning committee).
 - Snap it to win it—show your team/school spirit while staying active. Snap a pic and either email it to your Track It coordinator (contact info here) or post it to Instagram, Twitter or Facebook with hashtag **#trackit2021**. All teams who submit a picture will be entered into the draw.
 - Upcoming challenges and prize winners will be announced by email and on Track It webpages.

QUESTIONS? CONTACT YOUR TRACK IT COORDINATOR

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