



**bwwellbeing**  
BECOME YOUR BEST YOU

## Race to Gold Workout Challenge

**Registration: August 17-31**

**Challenge: September 1-22**

The Race to Gold Workout Challenge is a team-based workout challenge designed to drive a STRONG end to our 2016 Wellbeing Program Year. Also, for the first time, **spouses are invited to join** in the fun and work towards finishing the program year off right!

Participants will be able to earn 1 workout/day with a maximum of 22 workouts/participant during the challenge. All active North American associates AND spouses are eligible to join. This time around, the teams are up to you – your department, your BWU classmates, your friends from other divisions – any group of 10-40 North American BW associates and spouses will work! You have the option of becoming a team captain and starting your own team or joining a team that has already been created.

With the program year ending on September 30, we hope to...

- Inspire you to increase your activity level with some competitive spirit.
- Help you earn some extra Vitality points (10% carryover into the next program year) and bucks (you keep 'em till you spend 'em).
- Provide an additional opportunity for you to get to Gold status if you're working towards the Better You Incentive and need to turn up the heat before the September 30 deadline.

### REWARDS

**Individual and Team Rewards** (BONUS Rewards per team member for achievements shown below)

$$\text{Average Workouts} = \frac{\text{Total \# of Workouts Uploaded}}{\text{Total \# of Team Members}} \div 22 \text{ days}$$

Active Participants with 9-14 Total Workouts	200 BONUS Vitality Points
Active Participants with 15-20 Total Workouts	350 BONUS Vitality Points
Active Participants with 21-22 Total Workouts	450 BONUS Vitality Points
Team with highest Average Workouts	Corporate Sponsored Celebration of Winning Team's Choice! (\$20/ Team Member)

The Challenge ends at Midnight Central September 22.

The deadline for syncing, uploading and verifying your workouts are on the leaderboard is 9 PM Central September 27. Winners will be announced on Wednesday, September 28!

# Workout Challenge Overview

The Workout Challenge is based on verified workouts tracked *and* uploaded to Vitality. A verified workout can be any one of the following:

- 5,000+ steps/day on a linked fitness device
- Check in to your local gym or Vitality Partner Gym on the Vitality Today App and work out for at least 30 minutes
- Sign in to your BW on-site fitness center (where available) and work out for at least 30 minutes

**Team members and spouses can earn up to 1 workout/day with a maximum of 22 workouts/participant during the 22-day Challenge.** The team with the highest Average Workouts (as calculated below) at the end of the Challenge WINS!

$$\text{Average Workouts} = \frac{\text{Total \# of Workouts Uploaded}}{\text{Total \# of Team Members}} \div 22 \text{ days}$$

**To count as an Active Participant for prizes, you must register for the Challenge in Vitality and agree to the Rules of the Road.** Registration begins Wednesday, August 17 and ends Wednesday, August 31. **To register, complete the following steps:**

- 1) Login to Vitality and navigate to *Community > My Challenges*
- 2) You will see the Race to Gold Workout Challenge invitation waiting for you.
- 3) Follow the steps to register for your team!

## Team Roles

**Team Captain:** The Team Captain is responsible for setting up the team within Vitality. You can invite specific team members to join your team or leave your team open for anyone to join. Note: Responsibilities include the initial set up, ensuring your team has the required minimum of 10 team members, and boosting morale and getting your team moving! **Note:** If your team does not meet the minimum of 10 team members, you will be notified before the Challenge begins to either recruit more members or have your team members join another team. If your team still does not meet the requirement when the Challenge begins, you and your team will not be able to participate in the Challenge.

To register as a Team Captain and start your own team:

1. **Please set up your team early in the registration period to allow maximum time for team members to join.**
2. Login to Vitality and navigate to Community > My Challenges.
3. You will see the Race to Gold Challenge invitation waiting for you.
4. Select "Get Started" and "Join this Challenge". Read and agree to the Rules of Road and you're ready to go.
5. Select "Create Team" and create a team name and slogan.
6. Choose "Open to Join" if you would like anyone to be able to join your team or "Invitation Only" if you have a specific group of people in mind.  
*Note: If you make your team "Invitation Only", only people you invite can join your team. The team will not show up for everyone on the "Join the Teams" page.*
7. Upload your own team logo or choose from Vitality's photo options and you're ready to go.
8. Whether you choose "Invitation Only" or "Open to Join", don't forget to encourage people to join your team! Your team must have 10-40 members in order to participate in the challenge.

**Team Member:** Get moving to help your team finish the program year strong and earn BONUS Vitality Points!

To register and join a team that has already been created:

1. Login to Vitality and navigate to Community > My Challenges. You will see the Race to Gold Challenge invitation waiting for you.
2. Select "Get Started" and "Join this Challenge". Read and agree to the Rules of Road and you're ready to go.
3. Select "Join Team," find the group with whom you would like to compete and follow the instructions to register. You can join any team you see on the list!

