



**bw wellbeing**  
BECOME YOUR BEST YOU

## **January Workout Challenge Guide**

### **Registration: Starts December 12**

### **Challenge: January 2-31**

The January Workout Challenge is designed to help team members and spouses kick start their 2020 fitness routines, while building friendly competition between Barry-Wehmiller divisional teams across North America. We understand that while most people set New Year's resolutions for themselves with the best of intentions, the reality of our busy lives can sometimes get in the way. We want to support our BW family in setting goals and creating healthy habits so those New Year's resolutions stick!

Participants will be able to earn 1 workout/day with a maximum of 30 workouts/participant for all verified light, standard and/or advanced workouts (see chart on p.2) completed during the challenge.

All active North American team members and spouses are eligible to join their respective team below.

<b>TEAMS</b>	
Accraply Canada	BWP WI
Accraply	BWP Zerand
Afinitas NHMF/Spillman	DG Central
Afinitas Hawkeye	DG Northeast
Alliance	DG Southeast
Baldwin	DG West
BW Packaging Systems Minneapolis	Machine Solutions
BW STL	PCMC Ashland/Cormier
BWFS Syn Duncan	PCMC Cofrin
BWIS Fergus Falls	PCMC Glory Rd
BWIS Loveland	PSA Akron
BWIS Lynchburg	PSA Clearwater
BWIS Reedley	PSA LA
BWIS Romeoville	W+D
BWP Hunt Valley	

Workout data submitted from	What Vitality evaluates	Light workout	Standard workout	Advanced workout
Vitality approved pedometer/mobile apps that track steps	Total Steps	5,000	10,000	15,000
Vitality Today app gym check-in	Attendance for 30+ mins	-	Yes	-
Vitality approved mobile apps (that track calories burned)	Total Calories	100	200	300
Heart Rate Monitor	Time and % of maximum heart rate	15 minutes at 60%	30 minutes at 60%	45 minutes at 60%
	Total Calories	100	200	300
<b>REWARDS</b>				
Individual and Team Rewards (BONUS Rewards per team member for achievements shown below)				
Average Workouts = $\frac{\text{Total \# of Workouts Uploaded}}{\text{Total \# of Team Members}} \div 30 \text{ days}$				
Active Participants with 12-19 Total Workouts		250 BONUS Vitality Points		
Active Participants with 20-27 Total Workouts		350 BONUS Vitality Points		
Active Participants with 28-30 Total Workouts		500 BONUS Vitality Points		
Team with highest Average Workouts		Corporate Sponsored Celebration of Winning Team's Choice! (\$10/ Team Member)		

The challenge ends at Midnight Central January 31.  
The deadline for *manually* syncing your device is 9 PM Central February 14.

**Additional Questions?**  
For questions about Vitality or workouts, e-mail  
[wellness@powerofvitality.com](mailto:wellness@powerofvitality.com)  
Questions about the challenge, e-mail  
[bwellbeing@barry-wehmiller.com](mailto:bwellbeing@barry-wehmiller.com)