

# STRIDE

TO

Thrive  
ACTIVITY CHALLENGE

**MOVE MORE,  
FEEL BETTER AND  
ACHIEVE MORE!**

**MARCH 23 - MAY 3**

REGISTRATION IS OPEN FROM  
MARCH 11 - MARCH 27

## ABOUT THE CHALLENGE

Everyone encounters roadblocks on their path to a healthier lifestyle. The key is to keep striding toward your goals! That's why this six-week activity challenge helps you add activity to your daily routine as you strive to achieve weekly activity minute goals. Join and learn how to research the right workout for you, set effective goals, stay motivated and more!

## WEEKLY TOPICS

- 1. Plan Time for Exercise**  
*Add structure to your workout routine*
- 2. What's the Right Workout for You?**  
*Research the best program for your needs*
- 3. Stay Motivated to Get Fit**  
*Keep going until you reach your goals*
- 4. Set Effective Fitness Goals**  
*The right goal can keep you on track*
- 5. Pair Exercise and Nutrition for Big Health Benefits**  
*Gradually substitute unhealthy foods for healthier options*
- 6. Variety is the Spice of Life and Workout Routines**  
*Switch it up from time to time and remain motivated*

## HOW TO PARTICIPATE

### Recording:

- Users must complete the required number of activity minutes for a minimum of 4 out of 6 weeks. The required number of activity minutes can be found within the Challenge Guide or Weekly Newsletters. Your goal will escalate each week of the challenge.

### Prizes

- **Early Bird Incentive:** The first 1,500 participants who register for the challenge will receive a free t-shirt. Make sure your shipping address information is up to date!
- **Participation Drawing:** Participants who record activity each week of the challenge will qualify for 5,000 credits towards the Rewards Mall. Up to 400 qualifying participants will be selected.
- **Team Captain Drawing:** Team captains with a minimum of four team members (include the captain) will earn 5,000 credits towards the Rewards mall.

**Please note:** You can now participate in the wellness challenge even if you're not enrolled in TRS-ActiveCare. As long as your district participates in the program, you can join.

## HOW TO REGISTER

Go to [www.trsoactivecarelivehealthychallenge.com](http://www.trsoactivecarelivehealthychallenge.com)

### Returning Users

To join the challenge, start at step 5 of the New User instructions.

### New User

1. Select **JOIN NOW**.
2. Create your account by entering your name, email address, username and password.
3. You'll receive a confirmation email; select the link to confirm your account information.
4. Log in to your account and complete your profile.
5. To enroll in the challenge, click **JOIN CHALLENGE** on your portal dashboard.

### To Join a Team:

1. Select **Find a Team** on the challenge page to join a team.
2. You can find any invites you have received under Invites on the right side of the **Find a Team** page or under notifications on your portal dashboard.
3. You cannot be on more than one team. If you attempt to join multiple teams, you will be added to a team based on the first invitation or request that is accepted.
4. If you know your team's name, you can search for the team you wish to join and select **JOIN TEAM**.

### To Create a Team:

1. If you create a team, you will become a Team Captain.
2. Select **CREATE TEAM** on the challenge page or **CREATE A NEW TEAM** on the **Assemble Your Team** page and enter your team name.
3. Select **Add Members** to invite teammates. Teams can have 2-10 members.
4. Only team captains can add or remove team members.

## CHALLENGE & PROGRAM RESOURCES

- Weekly e-newsletters and recording reminders
- A database of workout videos, recipes and health-related articles
- Deals at your local grocery store
- A meal planner
- Optional activity, nutrition, weight, and step tracking



Contact Us: [info@navigatewell.com](mailto:info@navigatewell.com) | (888) 282-0822