



Oct. 14 - Nov. 24, 2019
Registration: Oct. 7 - Oct. 18, 2019

Getting Started

About the Challenge

Learn to live healthy step by step! During this six-week step count challenge, weekly newsletters help you move more during the day and provide additional education about how to enhance your overall wellbeing.

Weekly Topics

- **Week 1:** Be Active Throughout the Day
- **Week 2:** Simple Ways to Boost Your Step Count
- **Week 3:** Find an Exercise Buddy
- **Week 4:** Enhance Your Walking/Running Workout
- **Week 5:** Fuel Your Step Count with Proper Nutrition
- **Week 6:** Stay Active On the Go

How to Participate

- Track daily step count each week of the challenge.

To be eligible to qualify for the participation reward, make sure to record each week of the challenge.

Prizes

- **Early Bird** - The first 1,500 participants to register for the challenge will receive a t-shirt.
- **Participation** - Up to 400 qualifying participants will receive 5,000 credits to spend in the Rewards Mall.
- **Team Captain** - Up to 50 qualifying team captains will receive 5,000 credits to spend in the Rewards Mall.

Eligibility:

- **Early Bird** - Every participant.
- **Participants** - Only participants who record activity each week.
- **Team Captain** - All team captains with a minimum of four team members (including the captain). Up to 50 captains will be awarded a prize.

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.trsactivecarelivehealthychallenge.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.

Joining a team: Locate the team you wish to join and click **JOIN TEAM**.

- You can find any invites you have received under Invites on the right side of the Find a Team page or in the notifications on your portal dashboard.
- 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.

Creating a team: Team captains must set up new teams.

To set up a team:

- Click **CREATE TEAM** and enter your team name.
- Click **ADD MEMBERS** to invite teammates. Teams can have 2-10 members.
- Only team captains can add or remove team members.

Program Includes

- 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, sleep and step tracking