



Join the Summer Shape-Up Challenge



CHALLENGE YOURSELF TO 4 WEEKS OF BETTER HEALTH

The *Summer Shape-Up Challenge* is a great way to cultivate a daily practice of physical activity in your life. Follow these steps to jump-start your new habit with the help of 2019 Live Well!

1 KNOW THE BASICS

- Registration begins **July 15** and will remain open for the duration of the challenge.
- The challenge runs **July 29 to August 25**.
- Eligible members and spouses can earn part of their \$400 wellness dollars—\$10 every 5 days, up to \$120 total—for tracking in 2019.

2 SIGN UP

- To join the challenge, sign in to myPortico to access 2019 Live Well, and then select **Join the Challenge** on the *Summer Shape-Up Challenge* tile. Create a team as an individual and start to picture what this new practice will look like for you.
- Look for **Challenges** in the left navigation panel.
- Select *Summer Shape-Up Challenge* and create or join a team.
Create a team: Select **Create your own**. You'll be asked to create your team name and enter a description, and then you'll choose a team icon and background color. Choose to make your team public or private. If you set up a private team, you'll create an invitation code to provide others so they can join your team.
Join a team: Select the team you'd like to join from the list. If it says **Invite Only**, you'll have to enter a code, which the team captain provides when inviting you to join their private team. All other teams are public, and you can simply click on the team name and follow the prompts to join.

3 TRACK EXERCISE

- Sign in to the 2019 Live Well tool to track your exercise. All activities under the *Get Active Track* category count toward the challenge—including yard work, walking, and even dancing!
- You can record your minutes of exercise in Track or within the challenge, or sync an app or device such as Fitbit or MapMyFitness for automatic tracking. If your activity syncs as steps, those steps will be translated into minutes of activity. 100 steps = 1 minute of activity.
- To sync an app or device, click on the arrow next to your name in the upper-right corner of 2019 Live Well, then select **Connect Device** for instructions.
- The Track tool and the challenge share the information so you don't need to record your activity in more than one place.
- The challenge is based on the average of recorded activity entered by each team, so each team has an equal chance of success regardless of team size.