

# FREQUENTLY ASKED QUESTIONS



**Want a quick overview of our latest wellbeing challenge? All the information you'll need to be successful is included below!**

## **WHO is the challenge designed for?**

This challenge is designed for those just considering making meaningful lifestyle changes to those who are already practicing healthful habits. The real emphasis of this challenge is on developing strategies to move more and perform activities that have a positive impact on your overall wellbeing.

## **WHAT is the challenge goal?**

The goal of every wellness challenge is to provide participants with the tools to make meaningful and healthful lifestyle changes. This challenge focuses on adding regular moderate intensity cardiovascular activity to your routine. Additionally, participants will be encouraged to complete bonus activities each week that are focused on fostering an overall sense of wellbeing.

## **WHEN and WHERE do I need to complete activities?**

You can choose which Fitness Activity you wish to perform, you just need to ensure they are of a moderate intensity for you and at least 30 minutes in length. Each week you will be provided with a new Bonus Activity. The accompanying resource will provide details on how best to complete these activities.

## **WHY is it important that I participate?**

Regular moderate intensity cardiovascular exercise is important to maintaining an overall sense of wellbeing. When you add in activities that foster emotional wellbeing—like performing a Random Act of Kindness, working out with a friend or family member, or reflecting on things you are grateful for—you gain a greater sense of total wellbeing.

## **HOW will my progress be tracked?**

You will be provided with a tracking form. Each time you perform Fitness Activity and/or Bonus Activity, you will record it. You can score a maximum of one Fitness point and one Bonus point each day. Your goal is to score at least 10 points per week. You will report your weekly score to your Team Captain, who will track your team score and submit that to the Challenge Coordinator each week.

