

MOVE & GROOVE

STEP CHALLENGE

LET'S GO!



AN EIGHT-WEEK CHALLENGE

Move & Groove Step Challenge

Description: This eight-week adventure is focused on revitalizing lifestyle through activity and wellness. Suitable for both avid walkers and beginners, this challenge is inclusive and adaptable to any pace. Over the eight weeks, set goals to challenge limits and enjoy each step towards better health. The journey is flexible, allowing for step accumulation throughout the day, whether in one session or intervals, incorporating steps from all daily activities.

Challenge Goal: Over eight weeks, incrementally boost your daily steps, aiming for 10,000 steps, five days a week in the final week. Weekly goals and progress will be tracked and logged in the inHealth app/portal to ensure weekly step targets are met or surpassed.

Steps to Enroll (*Included in enrollment messages)

This challenge begins [DATE]. To sign up:

- Visit the [mobile app](#) or [web-based portal](#).
- On the **Today** screen, locate and click on the **Move & Groove** banner.
- Click **Enroll** to begin your participation in the challenge.

Tracking Instructions (*Included in all weekly messages)

To log your weekly experiences:

- Access the [mobile app](#) or [web-based portal](#).
- From the main menu, select **Health Tracking**.
- Click on the **Steps** icon (insert appropriate icon here).
- Input the date for the entry you are logging.
- Once completed, click the **Add** button to save your entry.

Notice of Challenge Requirements (*Included in all messages)

Complete the challenge goal and log the required activity in the inHealth Wellbeing app or web portal by [date/time] for all eight weeks to earn [earn/qualify for] [insert reward or incentive].



Introduction/Enrollment Message

Welcome to the **Move & Groove Challenge!** Get ready for an eight-week adventure focused on invigorating your lifestyle with activity and wellness. Perfect for both avid walkers and beginners, this challenge is designed to be inclusive and adaptable to your pace. Over the next eight weeks, we'll help you set goals, push your boundaries, and most importantly, enjoy every step towards a healthier you. Your journey is flexible — accumulate your steps throughout the day in any way that suits you, whether in one go or in intervals, and include steps from all your daily activities. Let's step into a world of health and happiness together!

Helpful Tips to Get You Started:

Commitment: This challenge spans over eight weeks. Aim to participate and log steps each week (five days) to gain the maximum benefit.

Tracking: Monitor your progress using the mobile app or web-based tracking portal. Recording your achievements will provide motivation and insight into your journey.

Weekly Objectives: Each week introduces a new theme with specific objectives and a bonus tip or activity. These are designed to keep things fresh and challenge you in different ways. While the bonus activities are optional, we encourage you to give them a shot for added fun and benefits!

Safety First: Always prioritize your safety. Choose walking routes that are well-lit and familiar. If trying new exercises or routines, ensure you're doing them correctly to avoid injury.

Stay Hydrated: Carry water with you during your walks, especially as you increase your distance or if you're walking in warm weather.

Rewards: Remember, steps from each team will be tallied every week to see who's moving and grooving the most. Be sure to log your steps weekly to earn your wellbeing token!

This challenge is about self-improvement and having fun. Enjoy the journey, celebrate your milestones, and most importantly, **Move & Groove** to a healthier you!

Stay tuned for weekly updates and activities that add an extra layer of excitement to your walking routine.

Good luck to everyone taking part—here's to eight weeks filled with joy, achievement, and a rekindled love for an active lifestyle!

Note: Regular physical activity can reduce the burden of chronic diseases, such as heart disease, diabetes, and some cancers, and can prevent early death. Consult with your primary care physician before starting any new physical activity regimen.



Week 1: Stepstarter - Set Your Pace!

Welcome to Week 1 of our **Move & Groove Challenge!** We're embarking on an exciting journey towards a healthier you. This week, start strong by aiming for 6,500 steps at least five days a week. Set a solid foundation and begin your transformative journey!

- Objective: Establish a solid foundation.
- Challenge: Commit to walking at least 6,500 steps, five days this week.
- Bonus: Listen to an inspirational podcast or playlist during one of your walks.

Week 2: Step Up! – Step Up Your Game!

Welcome to Week 2! Let's raise the bar this week! Aim for 7,000 steps at least five days a week. Remember, every step counts towards a fitter, happier you. Keep up the great work and step into a healthier lifestyle!

- Objective: Increase daily steps.
- Challenge: Target 7,000 steps each day for five days.
- Bonus: Invite a friend or family member for a walk and double the fun!

Week 3: Amplify Ambition - Push Beyond Your Limits!

You're doing fantastic! It's Week 3, and we're taking it up a notch. Strive for 7,500 steps at least five days this week. Embrace the challenge and feel the difference in your energy and stamina. Keep stepping towards greatness!

- Objective: Further improve stamina.
- Challenge: Aim for at least 7,500 steps a day, five days this week.
- Bonus: Find a safe, scenic route for one of your walks and enjoy the view!



Week 4: Maintain Momentum - Keep the Cadence!

We're halfway through! In Week 4, let's maintain our momentum. Continue aiming for 8,000 steps but try to quicken your pace. You're building not just endurance, but also speed. Keep moving forward!

- Objective: Maintain and slightly increase pace.
- Challenge: Maintain your goal of 8,000 steps while aiming to finish them in a shorter time frame.
- Bonus: Incorporate 10 minutes of basic strength exercises before or after your walk, like squats, lunges, or push-ups.

Week 5: Aim Higher!

Welcome to Week 5, where we aim higher! Let's target 8,500 steps at least five days this week. You're stronger now - feel the power in each step you take. You're almost there!

- Objective: Up the step count.
- Challenge: Reach for 8,500 steps on at least five days.
- Bonus: During one of your walks, take a moment to practice deep breathing exercises, enhancing your lung capacity and relaxation.

Week 6: Elevate Your Effort!

You're soaring now! In Week 6, let's aim for 9,000 steps five days a week. Keep pushing your limits. You're building a healthy habit that will last a lifetime. Let's go!

- Objective: Continue increasing steps.
- Challenge: Strive for 9,000 steps at least five days this week.
- Bonus: Add a 10-minute cool-down session post-walk, like light stretching.



Week 7: Victory Voyage!

You're almost there! In Week 7, let's maintain our 9,500 steps but add a twist - incorporate different terrains or routes. Challenge your body in new ways and prepare for the final push!

- Objective: Keep the pace with a new challenge.
- Challenge: Continue with 9,500 steps but vary your walking routes.
- Bonus: Switch up the timing of your walk; if mornings are your norm, opt for an evening wander, or if evenings are usual, venture out in the morning.

Week 8: Blaze the Triumph Trail Blaze - Celebrate Success!

Congratulations on reaching the final week! It's time to hit our ultimate goal: 10,000 steps a day, five days this week. You've come so far and achieved so much. Let's finish strong and celebrate our success!

- Objective: Reach the ultimate goal.
- Challenge: Aim for 10,000 steps a day, five days this week.
- Bonus: Try splitting your walk into two parts on one day — take a stroll in the morning and then again in the evening to see how it makes you feel and energizes you.

Final Message: Congratulations to Our Move & Groove Participants!

[Optional and Client-specific. Can be used to announce winners or provide information/instructions regarding rewards, etc. Client must provide specific desired content via Help Ticket]

Congratulations to All **Move & Groove Challengers!**

Bravo to each one of you who embarked on this eight-week journey! Whether you took small steps or giant leaps, every effort made was a testament to your dedication and commitment to a healthier, more active lifestyle. Your perseverance, enthusiasm, and unwavering spirit have truly made this challenge a resounding success.

Cheers to your triumphs and to many more adventures ahead!

