

WALKING CHALLENGE

Start Date: Monday, April 21, 2025

Deadline to Sign up: Must be signed up Thursday, April 17th to participate for a prize.

End Date: Thursday, June 19, 2025- winners announced on Friday, June 20th.

Location: N/A

Description: Employee Wellness is hosting a company-wide walking challenge! Participants will compete against each other individually and in teams for the most steps walked (or jogged, run, etc.) within a two-month timeframe. The winner of the individual challenge will receive an Apple Watch or GARMIN Watch valued up to \$350. Additionally, each of the individuals on the winning team (which may or may not include the winning individual) will receive a \$100 gift card to their vendor of choice (restaurant, shopping, etc.). The purpose of this challenge is to encourage increased physical activity and engagement with peers. Please review the following for more information about rules and signups.

Instructions to Signup:

1. Gather a team of 5 individuals and appoint 1 person to be the “captain.”
2. Download the “StepUp” app on your phone.



3. When you open the app, enable step tracking by allowing the app to access activity information from your device- add wearable trackers, if desired.
4. Create a free account using your first and last name.
5. Select the plus sign in the upper right-hand corner, then select “Enter link to add friend/group.”
6. Use the following link to add yourself to the Lakemary Walking Challenge:

<https://join.thestepupapp.com/DV99>

**This will add you to the individual portion of the challenge, the team captain will need to complete the following to ensure that you are added to the team challenge. You will be in a total of 2 groups.*

TO BE COMPLETED BY THE CAPTAIN ONLY:

7. Using the plus sign in the upper right-hand corner, select “create a new group.”
8. Name your group and add in the 4 other individuals you’ve selected to be on your team.
9. Once all the team members have been added, email an invite to grace.davis@lakemary.org.

**This step completes the signup process. Once your group has been confirmed, “Lakemary Wellness Coordinator” will appear in your group.*

10. Walk, jog, run! Keep an eye on the TVs to view your team placements throughout the challenge. Whoever walks the most steps from April 21st to June 19th will win the challenge and receive the individual prize.

Rules of the Challenge:

1. You must participate in the team *and* individual challenge to be eligible to receive a prize in either category.
2. You must be signed up (in individual and team group) by the deadline- Thursday, April 17, 2025- to be eligible for a prize.
3. Use your first and last name as it appears in your Lakemary email/Microsoft account.

Important Notes: The challenge will last a total of 2 months, during this time, team placements and top 5 individual placements will be posted weekly on the TVs throughout Lakemary's campuses. The winner of the challenge will be announced on Friday, June 20th.

To find out more about other employee wellness resources, visit- <https://lakemary.org/employee-wellness/>.

If you have any questions or concerns, please reach out to Employee Wellness at grace.davis@lakemary.org or call (913) 359-5424.