



2016



Step Ahead Challenge

SIGN-UP: June 6th through June 20th

CHALLENGE STARTS: June 13th • CHALLENGE ENDS: July 16th

15 WELLNESS POINTS EARNED IF COMPLETED

The **Healthy Directions** Step Ahead Challenge is a four-week personal challenge that increases the number of steps taken each day.

Research proves simple exercises, like walking, lower your risk of heart disease, diabetes, and some forms of cancer.*

How the challenge works:

Use a pedometer to track your steps each day of the challenge. Log your steps on the www.myviverae.com website. You can make up for a small number of steps one day by walking more steps the next.

Your goal: log a total of 100,000 steps (a maximum of 12,000 in one day) by the end of the challenge to earn 15 wellness points.

Challenge Sign-up:

- Log on to your www.myviverae.com homepage
- Scroll down to the **Challenges** section
- Click **Go to Challenges** to display details around dates, challenge goals, disclaimers, and sign up for current challenges



Challenge Tracking:

- Log on to www.myviverae.com
- Track your progress from the **Challenges** section of the homepage

Questions about this challenge or your wellness program? Call 888-VIVERAE (848-3723).

** Consult your physician before a new physical activity program, especially if you are a man over 40, woman over 50, or if you experience chronic health problems, such as heart disease, diabetes, or obesity.*



Viverae Health Center :: 888-VIVERAE (848-3723)

www.myviverae.com