

SPRING INTO SHAPE

ACTIVITY CHALLENGE

Increase your activity minutes each day by making small changes to your daily routine that will add up to big results! The Spring into Shape Challenge is a 6-week challenge that will help you take your fitness to the next level. By tracking and increasing your activity, you will spring into shape in no time!

APRIL 3 - MAY 12, 2017

Open to all TRS-ActiveCare employees on Aetna's medical plan

HOW TO REGISTER

REGISTRATION IS OPEN MARCH 20 - APRIL 7

JOIN THE PORTAL

- Go to **www.trsactivecarelivehealthychallenge.com**.
- Click **SIGN UP**.
- Enter your **First name, last name, email address, and create a username and password**.
- Confirm your information.
- Complete your profile.
- You will arrive at your dashboard.
- If you choose to **Fly Solo**, click **Join Challenge**, then **I'm Flying Solo**.
- If you are participating on a team, click **Join Challenge**, then click **Join** or **Create a Team**.
- You may create a team and invite members, request to join a team or be invited to join a team.
More information below.

RETURNING USERS: Log in to the portal using your established username and password.

TRACKING ACTIVITY

SYNCING DEVICE: Tracking activity with a device or app is optional.

- Click **"SYNC DEVICE"** graphic on your homepage, or go to your Account Settings.
- Click **DEVICE SETTINGS** link, click **DEVICE** tab and select your device.

TO-DO-LIST: Click **TO-DO-LIST** tab to track your daily activity.

- Track as many activity minutes as you can throughout the challenge.

GETTING STARTED

FORM A TEAM

- Team Captains must set up the team. Navigate to the your portal and click **JOIN CHALLENGE** button to start creating a team.
- To invite members to your team click **CREATE A NEW TEAM** button. Create a team name and then click **ADD MEMBERS** to invite team members. Teams can have 2 - 10 team members.
- Invited team members will find their invitation on their dashboard when they log in to the portal. They can choose to accept the invitation.
- Participants registered for the Challenge can request to join a team by searching for available teams.
- The first invitation or request to be accepted/approved is the team the participant will be on.
- Participants cannot remove themselves once they have accepted an invitation. They will have to request permission from the Team Captain to be removed.

PROGRAM INCLUDES:

- Prizes!
- Live Healthy t-shirt
- Weekly E-newsletters and recording reminders
- Workout videos
- Healthy recipe suggestions
- Meal planner

INDIVIDUAL CHALLENGES



Enjoy 16 individual challenges as a way to super-charge your path to success. Whether you're interested in being more active, learning about nutrition, manage finances or reading more, there is something to keep you motivated.