

East Central College Spring Training Walking Challenge



Key Dates

Starts: Tuesday, March 15

Ends: Monday, April 11

Last Upload: Tuesday, April 12

Take me out to the Ballgame!
In our next walking challenge, we will walk our way to Busch Stadium just in time for opening day. Teams with 3 to 5 members will be randomly selected. Will your team reach home plate first?



How to sign up and check your progress

1. Go to www.chcw.com and click on **REGISTER/LOGIN**.
2. Login with your username and password. If you have forgotten your username or password, follow the "Forgot username/ password?" link below the login box, or call CHC Wellness at 866.373.4242.
3. Click on 'My Walking Programs', then 'Join Challenge'.
4. Under the Available Programs 'Spring Training Team Challenge', click submit. (there is no need to select a location)
- 5. Teams with 3-5 members will be randomly assigned after registration closes.**
6. You may view the current standings on the Challenges tab by scroll down to the Spring Training Walking Challenge
7. You may use an, Fitbit, Fitbug, Omron, Jawbone, Garmin Vivofit or Moves App and link it to your CHC Wellness portal (see separate linking instructions).

Walking Challenge Rules

- All registered walking program participants are eligible to participate.
- Team members will designate their team name and notify Kim Aguilar.
- Participants will be expected to upload their steps at least once a week.
- All participants must upload their final steps by midnight on Tuesday, April 12.
- The team that travels the farthest/has the most steps will be declared the winner on April 13th.

Award

Category

Winning Team:

Reward

**\$20 Gift Cards for
each Team Member**

**Questions? Contact Mary Volansky.
mvolansky@chcw.com / 314-413-2643.**

