

## WellPATH 2024 Spring Cleaning Challenge

**Registration Opens:** Monday, March 25<sup>th</sup>

**Start Date:** Monday, April 8<sup>th</sup>

**Challenge Ends:** Sunday, May 19<sup>th</sup>

### **Registration Details:**

Participants can register via:

- Paper (fax, email or mail) **Required for Minors under 18**
- Walker Tracker App/Website: [Pinnacle.WalkerTracker.com](https://Pinnacle.WalkerTracker.com)

**Please note: Each challenge you will have to answer all questions to ensure that we have the most up to date information for sending your gift cards, your site locations, your age, your email address, and your acknowledgement of risk and liability.**

**Duration:** 6 weeks

**Focus:** The **focus** of this challenge is on cleaning up your diet. This challenge will highlight ways you can eat cleaner to provide your body with more nutrition and eliminate unhealthy products. (Example: replace cheese in recipes with nutritional yeast, which provides a cheese like effect and is a great source of plant-based protein, B vitamins, and trace minerals.) Each week we will highlight some “clean it up” tips that showcase things like this example you can incorporate into your diet while you work toward a goal of 7,500 steps per day through steps and activity conversions.

All of the previous allowed activities are fair game toward your daily step goal!

WellPATH wants to help you think outside of the box to get moving with a little friendly competition, healthful tips and tricks, and of course the opportunity to win some great prizes!

**Who can participate:** Active employees, spouses, domestic partners, dependent children **age 12 and over**, early retirees (defined as a retired individual under age 65 and not eligible for Medicare), and retirees covered under the District’s health benefit plan are eligible to participate in the WellPATH Employee Wellness Program.

### **Rules for minors age 12-17 participation:**

WellPATH has made a decision to open up the Wellness Challenges to dependents starting at age 12 instead of age 18! We are really excited to get families more involved in being active together.

1. Minor participation will require a liability and permission form to be signed by their parent/guardian.
2. Minors are eligible for prizes, however the prize will be mailed to the parent/guardian to accept on behalf of the minor child.
3. The challenge administrator will perform an audit at the beginning of the challenge to ensure that all participants are at the age of 12 at the **start date** of the challenge.

In compliance with the American Disabilities Act 1990 (ADA), all Challenges are designed and open to all eligible FUSD members and will provide reasonable accommodations. Should you feel you need reasonable accommodations, make sure you check the box notifying us of this need on the registration form that reads “please check here if you feel you need reasonable accommodation as outlined in the ADA \_\_\_” and reach out to Pinnacle Training Systems at [FUSD@pinnacletrainingsystems.com](mailto:FUSD@pinnacletrainingsystems.com).

**Challenge will utilize the Walker Tracker App**

- Individual Challenge (If you do best with an accountability buddy, you can still set up an accountability buddy to check in with daily.)

**Registration Instructions:**

1. Each person is required to answer all registration questions every challenge. This ensures that WellPATH has the most up to date information from you to be able to mail/email your gift cards, determine site trophy winners, and get ahold of you to notify you if you are a winner.
  - a. There is a “How to Register on Walker Tracker” guide on the JHMB Health Connect Website if you need assistance with Registering. You can access it [here](#).
2. If you have any questions regarding registration, you can email [fusd@pinnacletrainingsystems.com](mailto:fusd@pinnacletrainingsystems.com).

You will participate in any combination of the approved activities listed below and record them on Walker Tracker to accumulate steps.

**What activities earn daily steps?**

The below approved activities get converted to “steps” based on the activity selected and how long you participated in the activity.

Bowling	Billiards/Pool	Canoeing
Kayaking	Dancing	Frisbee
Horseshoes	Ice Skating	Skateboarding
Skiing (cross country or downhill)	Snowboarding	Softball
Tennis	Baseball	boxing
Firewood carrying/chopping	Golf (in and out of a cart)	Housework
Gardening	Yardwork	Kickball
Ping Pong	Sailing	Skating
Snowshoeing	Tae Kwon Do	Trampoline
Wrestling	Basketball	Climbing (rock or mountain)
Football	Horseback Riding	Miniature Golf
Pickleball	Racquetball	Scuba Diving
Soccer	Stair Climbing	Tai chi
Volleyball	Judo and Karate	Water Polo
Walking	Jogging	Running
Swimming	Water Aerobics	Yoga
Circuit Training	High Intensity Interval Training (HIIT)	Zumba
Bicycling	Hiking	Pilates
Spinning	Weightlifting	

**Rules:** WellPATH Challenges are developed with the goal to help engage and motivate as many members as possible to learn and improve upon their health. They are designed with the hope that participants will engage in a friendly competition, will find encouragement from colleagues, and will reciprocate that encouragement to others along the way. Most importantly, WellPATH Challenges are designed to help participants build healthy habits, which will hopefully become a foundation to build upon. Please keep in mind the prizes are an incentive and reward, but the ultimate reward is accomplishing a goal you set out to achieve.

1. Each week is Monday through Sunday at midnight.
2. You must be enrolled in Medical Coverage under FUSD.
3. You must be 12 years of age or older. (See specific rules for minors age 12-17 above)
  - a. If it is found that a participant in the challenge is not 12 years of age or older, the participant will be disqualified from winning prizes in the challenge and their steps will not count toward the overall steps of the registered site for the Site Trophy.
4. Activities must be entered into Walker Tracker **within a week from the day the activity was performed**. If the activity is not entered within that time frame, your steps for that activity will not be counted. We recommend you register your activity each day.
5. Pinnacle Training Systems will delete negative comments toward other participants on message boards.
6. Activities outside of the above approved activities (unless approved by WellPATH) do not count toward your step totals for this challenge. If you cannot find your activity/exercise on the list, please reach out to [WellPATH@delapro.com](mailto:WellPATH@delapro.com) to check how you should enter it.
7. Have fun, encourage each other, engage in the challenge and learn as much as you can!

## **How to get steps to earn a prize:**

### **FUSD Challenge Prize Structure**

You will participate in any of the above listed activities to get steps. At the end of the challenge all your steps will be added up, and we will divide by the number of days in the challenge to get your average daily steps and this will determine your place in the prize structure. If you averaged 7,500 steps/day or more you will be eligible to select a prize from our Challenge Rewards site. You will receive an email with a link to the store and the prize will be sent directly to you.

**\*Winners will be contacted via email.**