



START THE RACE TO A HEALTHIER YOU

MAY 10 - JUNE 20, 2021

REGISTRATION IS OPEN MAY 1 - JUNE 20, 2021

ABOUT THE CHALLENGE

Your wellbeing can't be summed up by a number on a scale. That's why this six-week holistic health challenge asks you to focus on how your weight is affected by three other aspects of your life: your activity level, nutrition and daily stress management. Join to track your activity minutes and complete other daily tasks that will place you on the path to looking, feeling and even thinking better than you were before.

WEEKLY TOPICS

1. How Much Exercise to Get and Why

Discover the health benefits of an increased activity level

2. Tips and Tricks for a More Active You

Small tweaks to your day can lead to big benefits

3. Switch Up Your Routine

Don't get stuck in a workout rut

4. Stay Motivated on the Path to a New You

Useful techniques for avoiding exercise monotony

5. Create a Roadmap to Improved Wellbeing

Specific goals set you up for success

6. Fuel Your Fitness

Learn more about pre- and post-workout nutrition

HOW TO PARTICIPATE

Recording:

Sync a wearable device or app to track your daily activity minutes on the portal. You can also manually record your daily totals with the challenge to-do list on the portal's home page or from the calendar located on the challenge page.

Helpful Tools:

Review your weekly newsletters or your challenge guide, located on the challenge page, for tips to increase your activity minutes.

Completion Requirements:

Track your daily activity minutes. To complete the challenge, you must track at least 30 minutes per day for at minimum 30 of the 42 days.

HOW TO REGISTER

Go to unionhealth.livehealthyignite.com

Existing Users:

1. Login using your username and password.
2. Scroll down on your portal dashboard to the Ready, Set, Go Challenge and select **JOIN CHALLENGE**.

New Users:

1. Select **JOIN NOW**.
2. Enter your **Group Code: ISU**
3. Enter your first name, last name and unique ID. Your unique ID is your University ID (991). Your number is listed on your University ID card. Spouses on the health plan have a University ID. If you do not know your number, please call Employee Wellness at 812-237-4117 or email ISU-EmployeeWellness@indstate.edu.
4. Confirm your information.
5. Create a new username and password, then complete your profile.
6. To enroll in the challenge, select **JOIN CHALLENGE** on your portal dashboard.

To Join a Team:

1. Select **Find a Team** on the challenge page to join a team.
2. You can find any invites you have received under Invites on the right side of the **Find a Team** page or in the notifications on your portal dashboard.
3. You cannot be on more than one team. If you attempt to join multiple teams, you will be added to a team based on the first invitation or request that is accepted.
4. If you know your team's name, you can search for the team you wish to join and select **JOIN TEAM**.

To Create a Team:

1. If you create a team, you will become a Team Captain.
2. Select **CREATE TEAM** on the challenge page or **CREATE A NEW TEAM** on the **Assemble Your Team** page and enter your team name.
3. Select **Add Members** to invite teammates. Teams can have 2-10 members.
4. Only team captains can add or remove team members.

CHALLENGE & PROGRAM RESOURCES

- Weekly e-newsletters and recording reminders
- A database of workout videos, recipes and health-related articles
- Deals at your local grocery store
- A meal planner
- Optional activity, nutrition, weight, sleep and step tracking

EMPLOYEE WELLNESS AT **STATE**