

What is the *Move More Challenge*?

What if you could travel the world without needing a passport, packing a suitcase, or boarding a plane? Well, now you can (sort of) in the *Move More Challenge*. With this virtual trip, you'll:

- Travel around the world, stopping at amazing hot spots as you record health behaviors
- View postcard-perfect images and bet-you-didn't-know descriptions
- Build well-being habits that last long after your world-wide tour is over.

How does it work?

Each day you'll visit a new attraction, earning points and pins as you record physical activity, plus sustainable living activities and creating/following a routine. And you'll answer a fun trivia question, learn about each attraction, and collect badges.

To learn more, hover over your name in the upper right, click Settings, then the How It Works tutorial.

What is the goal?

In this 6-week tour, your *Move More Challenge* goal is to aim for 150 points (25+ points/week) by recording physical activity, plus sustainable living activities and creating/following a routine. *There is a 7-day backlogging limit so be sure to actively record your activities throughout the program.*

To reach the goal of 150 points, aim to log 6000 steps a day/5 days a week and the 2 daily behaviors 5 days a week. There is the opportunity to earn more points (see below). To encourage consistency throughout the program, there is a cap of 5 points each day once you log 10,000+ steps. While you're able to record more than 10,000 steps, the goal is to encourage consistent movement throughout the 6 weeks.

Physical Activity

- 6000-7999 steps = 3 points
- 8000-9999 steps = 4 points
- 10,000+ steps = 5 points.

Daily Behaviors

- Enhance Sustainable Living x 2 = 1 point
- Create/Follow a Routine = 1 point

What health behaviors count toward the goal?

Physical Activity — Earn points for recording *at least* 6000 steps. Log steps manually or connect an activity tracker on your Settings page. Use the Step Converter to record activities not accurately measured with a tracking device, such as swimming, cycling, rowing, etc.

Enhance Sustainable Living x's 2 — Recycling and reusing will reduce waste and keep items out of landfills. Consuming less will decrease demand for items that require energy for production. Combine these activities for an eco-friendly, sustainable lifestyle:

- Buy clothing, toys, or household items from thrift, consignment, app-based (mercari.com, thredup.com, etc.), and other second-hand shops
- Choose [Fair Trade-certified](#) products like coffee, chocolate, and textiles; they're held to a high standard of environmental friendliness
- Host or join a community exchange event
- Donate items to a charity or freecycle organization
- Gather reclaimed or used building materials for your home improvement project
- Set your print default to "draft" quality and save ink; print only 2-sided pages
- Use washable dishes and utensils instead of paper plates, plastic cups, or plastic utensils
- Fix a broken item instead of throwing it out
- Before buying something new, ask yourself if you really need it; if you can live without it, skip it
- Purchase items made from recycled or recyclable materials

- Eat leftovers; mulch food scraps
- Share a tool or other resource
- Recycle paper, glass, metal, clothing, household items, electronics, etc.

Check the box if you recycled or reduced at least twice today.

Create/Follow a Routine — A routine can help you feel ready, mentally and physically; a few ideas:

- Set the alarm; and don't hit snooze — place it across the room so you'll need to get up
- Get some fresh air by drinking water, tea, or coffee outside
- Wake up your brain and body with brisk physical activity
- Take 10 minutes to meditate or write in a journal.

Check the box if you created or followed your routine today.

Who can participate?

All Emory University and Healthcare employees working greater than or equal to 20 hours per week, spouses, and pre-65 retirees. From the alpine peaks in Poland to the Great Pyramids of Giza, you'll enjoy breathtaking images while learning about some of the world's most treasured attractions.

What are the trivia questions?

Each day after you've logged at least 1 health behavior, you'll have the chance to test your knowledge of must-see attractions. Don't worry... they're no points, so no pressure.

How do the activity trackers/apps sync to my *Move More Challenge* account?

After you register and connect a device or app to your *Move More Challenge* account, it's simple. Just put on your device in the morning, then each time you sync it with your computer or app and log into your *Move More Challenge* account, you can see your steps add up.

Can I log manually if I'm using a tracking device?

Even if you have a device connected in *Move More Challenge*, you can still manually record steps:

1. Go to the Log drawer.
2. Under Log, click Edit (by Steps), then enter the number of steps, and click Save.
3. To revert to device tracking, click Sync.

If my activity isn't accurately measured with a tracker — like cycling — how do I count steps?

Just use the Step Converter in the Log drawer. Enter the activity and minutes, then *Move More Challenge* does the conversion for you.

How do I get credit for my everyday movement if I'm not using a tracking device?

You've recorded your dedicated exercise minutes, but what about your movement throughout the day? You can manually add 2000-4000 steps for incidental movement each day, based on how active you were:

- 2000 steps: I mostly stayed at my workstation except for occasional breaks.
- 3000 steps: I moved a moderate amount, getting away from my workstation for short walks several times.
- 4000 steps: I moved a lot, with frequent short walks to perform my job.

How does team participation work?

You have until Monday, February 13 to form a team of 3-15 members. The team competition will end Sunday, March 19, so be sure to complete logging by Tuesday, March 21 to have your activity count toward your team's score.

In this friendly throw-down, teams challenge each other to see who can top the leaderboard. Although you can participate on your own, it may be the most fun part of this world-wide tour. Scores are based on the team's average points, plus Flourish Friday challenges (1 bonus point/team member each week). Each person's individual contribution affects the team score, so gather a group who will encourage and support each other along the way.

Why do I want to be on a team?

It's fun! Plus, joining with others striving for similar goals keeps you accountable — and doubles your chances of success. So start or join a team with members close by, across the hall, or around the world — the most important thing is to recruit others who are motivated to be active and healthy.

What are Flourish Friday challenges?

If you're on an official team, you'll find an additional activity in your Friday morning email and on the Team page — an everyday task to complete before midnight CT to earn a bonus point toward your team score.

If I have a disability, can I still participate in Move More Challenge?

Yes; the *Move More Challenge's* self-paced, flexible design fits people of all abilities. If walking isn't possible, be as active as you can in whatever ways you enjoy. If you're unsure which activities are best, check with your healthcare provider. The National Center on Health, Physical Activity, and Disability offers specific ideas.

In the *Move More Challenge*, you can get credit for activities that don't track steps by using the Step Converter in the Log drawer. If your activity isn't listed, estimate your steps based on the closest in intensity (light, moderate, vigorous). An odometer can gauge distance in a wheelchair; 5 miles of pushing generally equals 10,000 steps (2000 steps/mile).

Is there a mobile app?

Log activity, view recipes, visit attractions and track your team — right from the palm of your hand. The *Worldwide Wellness* mobile app automatically syncs with your online account... just log in using your mobile password.

I have additional questions, where can I go?

To learn more about your medical plan incentives visit <https://hr.emory.edu/eu/rewards/healthy-incentives/index.html>.

For any questions or more details about your employee wellness resources, please reach out to Healthyemory@emory.edu or call 404-712-3775

For more details regarding the *Move More Challenge* please visit <https://hr.emory.edu/eu/wellness/challenges-and-events/move-more-challenge/index.html>.