

Careforce Connection

Your Link to Children's Healthcare of Atlanta

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Register for the Campus Steps Challenge

It's time for some healthy campus competition. For six weeks, we're doing away with the department and individual steps competitions for one bigger, stronger campus steps challenge. Employees at each campus will compete with other campuses during this challenge. We'll raffle off four Kindles to the employees at the campus with the highest steps average. **Registration is from June 24-July 7.**



What is it?

- Strong4Life's Campus Steps Challenge is a 6-week wellness steps competition for all employees.
- The goal of the competition is to encourage healthy Systemwide competition to increase campus physical activity.
- Employees from each campus will unite to compete against other campuses.

Who can participate?

Everyone with a Strong4Life account can register for the following campus teams: Team Egleston, Team Scottish Rite, Team Office Park, Team Marcus, Team Hughes Spalding, Team Satellites. Note: Only employees are eligible for prizes.

Rules:

- We only accept steps obtained using an Actiped for this challenge. No self-reported steps will count.
- **Only one Actiped is allowed per participant.** Top performers may be asked to verify steps for accuracy.
- Have fun walking with coworkers around your campus gardens, walking trails and stepping into your campus fitness classes.

When does it start?

- The challenge officially begins July 1 and ends Aug. 13 at 11:59 p.m.
- You must enroll for the challenge no later than July 7, no exceptions.
- You must offload your steps by Aug. 13 or they will not count toward the challenge.

What do I need to participate?

- You must have an Actiped that is registered on the Children's team through the Actihealth website.
- You can get an Actiped from At Your Service, the Children's concierge. To register your pedometer, e-mail Strong4Life@choa.org. Note: your username and password for Actihealth must match your username and password for Strong4Life Online.

How to Sign Up and Get Started

- Log into your Strong4life account and click the banner for the CAMPUS Steps Competition on the main dashboard. Follow the registration instructions and that's it.
- Good luck, and let's enjoy some friendly campus competition.



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