



ON THE MOVE

EMPOWERING YOU TO MOVE MORE, SIT LESS AND THRIVE

FAQ's

What is the purpose of the *On the Move* Company Challenge?

The challenge is 12-week **national** corporate fitness competition that is designed to help you move more and sit less throughout your workday. Moving more and sitting less can:

- » Boost your mood
- » Reduce your stress
- » Heighten your creativity
- » Make you look and feel younger
- » Manage weight
- » Tone and strengthen your muscles
- » And so much more...

We can also earn organization-wide designation as one of the most active companies in the country!

What kinds of challenges are there each week?

Each week you will have an opportunity to **Learn** about the benefits of physical activity, **Assess** yourself and your progress, **Share** successes and goals with your teammates, **Boost** teammates for bonus points and—of course—**Move**! Your goal is to get 100 Move Points every day for moving when you want, how you want and how much you want!

Who will be able to see my information on the website?

Your teammates can see how many points you have earned in the competition and the public goals that you set in **Share**. To make your points private, choose the "Please keep my points private" setting in profile set-up.

Is this a team or individual challenge?

This is an organization-wide team challenge. The points you earn as an individual will get your team one step closer to designation as one of the Most Active Companies in the country!

Can we form teams at our company?

There is no inter-organization competition in the *On the Move* Company Challenge; you are all on the same team. Breaking out into smaller teams, however, can be a great source of motivation as you compete!

When is the last day I can sign up?

Create your profile before April 9th.

How many **Boosts** can I give each week?

You can give 5 Boosts away each week. Each Boost will give your teammates 5 bonus points!

How will I know how many points I can earn each week?

The progress bar at the top of each Weekly Challenge will show you how many points you have earned and how many are still available for that week.

Do I have to complete all sections of each Weekly Challenge to earn points for my team?

No, each component of the challenge that you complete will earn points for your team.

Do I need to log in to track my activity every day?

No, you can track past days' activity by using the back buttons in the **Move** section of your Weekly Challenge Page. You cannot earn points for past weeks' **Learn**, **Assess**, **Share** or **Boost** activities.

Is there a smartphone application for the *On the Move* Company Challenge?

You can download the mobile version shortcut for your smartphone. Just access the site via iPhone, Android or tablet and follow the instructions to create the shortcut.