



JOIN IN OUR

# GROUP STEP CHALLENGE



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**MyHEALTH**  
ONSITE

## COMING SOON! MARCH 6 – APRIL 3, 2023

Our Group Step Challenge is a 4-week competition to help prepare staff for the Special Olympics Race for Inclusion 5K. The 5K race will be on April 1<sup>st</sup>.



SCAN TO  
**REGISTER FOR  
CHALLENGE**

REGISTER ONLINE: [2/27/23 – 3/3/23](#)

START DATE: [3/6/23](#)

END DATE: [4/3/23](#)

DURATION: [4 weeks](#)

- Teams of 10 or less
- Weeks run Monday through Sunday
- Weekly step totals submitted on Mondays for previous week
- Average total steps for entire team is calculated for each week
  - Team with the greatest number of steps wins
- Weekly emails sent to remind participants to submit steps to their captain
  - Includes weekly educational topic
- Designated team captain responsible for submitting steps
  - All employees on team will submit their weekly steps to team captain
  - Team captain will submit their team steps on provided web link



SCAN TO  
**REGISTER  
FOR 5K RACE**

Questions? Email: [lgiblin@myhealthonsite.com](mailto:lgiblin@myhealthonsite.com)

Always consult your healthcare provider before beginning any exercise program or diet/nutrition program. This content is for general information and education only, and is not intended to diagnose any medical condition or to be a substitute for professional medical advice, diagnosis, or treatment. You should immediately stop any exercise and consult your healthcare provider if you experience pain, nausea, dizziness, or shortness of breath. If you think you are having a medical emergency, call 911. Learn more at: [www.myhealthonsite.com/privacy-policy](#). | My Health Onsite Adheres to All HIPAA & Confidentiality Regulations | © 2023 My Health Onsite | All Rights Reserved | REV022323