



Get Active Challenge

THREE MONTHLY CONTESTS

April 15 – May 15 / May 16 – June 16 / June 17 - July 17

RULES OF THE GAME

Step 1 Schedule an appointment at your WFL Clinic and complete your monthly WFL Body Composition Test each month to be eligible for Get Active Giveaways.

Step 2 Log on to www.myWFLwellness.com and click the Get Active Challenge icon (shown right). For log in or portal assistance, please call (260) 434-0909 or contact support@cws4life.com.

Step 3 You decide how to get active each month! You can choose to track your daily steps or your verified workouts on the WFL wellness portal.

Steps: Earn 5 points for every 10,000 steps you track. Sync your fitness device by clicking 'Get Connected' on your challenge homepage to have your steps recorded automatically.

Verified Workouts: Earn 5 points for every 100 minutes of physical activity you track. Visit the Get Active Challenge homepage to print a blank verification form to track your minutes of physical activity at a gym or fitness center. Upload your completed form(s) before the challenge end date to be eligible for awards.



GET ACTIVE GIVEAWAYS

Win a \$25 Visa Gift Card for
Getting Active April 15th – May 15th

Win a \$25 iTunes Gift Card for
Getting Active May 16th – June 16th

Win a \$25 Dicks Sporting Goods
Gift Card for **Getting Active June 17th – July 17th**

Two Ways to Win

Schedule an appointment and complete your monthly WFL Body Composition Test and earn the highest point ranking to win that month's giveaway!

Schedule an appointment and complete your monthly WFL Body Composition Test and track an average of 7,000 steps per day or about 45 minutes of physical activity per day to be entered into a drawing for your chance to win that month's giveaway!