On Your Mark…Get Set…Walk!

Get laced up and ready to hit the road while walking your way toward your Personal Health Goal. The On Your Mark Challenge will help you get out of your seat and get moving as you increase your daily step count.

Get off to a great start!

Interested in some friendly competition with your coworkers?

- You can be off to the races by taking at least 40,000 steps each week for four weeks (160,000 total steps)
- Record your participation at [www.myinteractivehealth.com](http://www.myinteractivehealth.com) (My Action Plan tab)

Register your activity tracker (My Action Plan > Reference tab > My Apps & Devices) to record your daily step count or use the Steps Log under the Exercise tab to manually record your steps

Participate in other exercises you enjoy and they will be converted to steps when recorded in the Cardio Log

Sign up and join in the fun!

Register from Monday, March 28 to Sunday, April 10 by clicking on Sign Up on the challenge banner at [www.myinteractivehealth.com](http://www.myinteractivehealth.com) (My Action Plan tab)

First time registrants use sponsor code K6UV3.

(Turn over to find out how to join a team)

Earn rewards

Maximize your wellness program benefits. Complete the challenge and earn 10 points.

Key dates

<table>
<thead>
<tr>
<th>Challenge start date:</th>
<th>Monday, April 4</th>
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<tbody>
<tr>
<td>Challenge end date:</td>
<td>Monday, May 2</td>
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<tr>
<td>Last day to sign up for the challenge:</td>
<td>Sunday, April 10</td>
</tr>
<tr>
<td>Last day to record your participation:</td>
<td>Monday, May 2</td>
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Sign up at [www.myinteractivehealth.com](http://www.myinteractivehealth.com) (My Action Plan tab)
Walk your way to health!

Exercise is not only good for helping to control your weight and improving strength. A brisk 30 minute walk can increase your endurance, boost your mood, and helps you ward off chronic diseases.*

Unable to participate in this challenge?

Review your Personal Action plan to see all of the ways that you can earn points towards your incentive. If it is medically inadvisable for you to participate and you are unable to achieve your incentive through other means, you might qualify for an opportunity to earn points by different means (including means, if you choose, that will include your physician’s recommendations). Please contact Interactive Health no later than 4 weeks prior to the end of the campaign at (800) 840-6100 or at rasrequest@interactivehealthinc.com to request a reasonable alternative standard to qualify for the incentive.

* Always consult a physician or other qualified health care professional before starting a diet and exercise program.

Join a Team!

1. Log on to www.myinteractivehealth.com (My Action Plan tab)
2. Click Sign Up Now under the Challenge banner
3. Choose your team from the Select Your Team drop down menu
4. Complete your team selection by clicking Sign Up Now

Quick tips*

• Take a brisk walk around the parking lot during your lunch break
• Park in the last spot in the lot – you add a few steps and no more circling to find a spot!
• When possible, try taking the stairs instead of the elevator
• Coordinate a regular date with a “walking buddy”