

Fitness That Works



**Want a quick overview of our latest wellness incentive challenge?
All the information you'll need to be successful is included here.**

WHO is the program designed for?

This program is designed for every fitness level — from those just considering making meaningful lifestyle changes to those who are already practicing healthful habits. The real emphasis of this program is on making the Simple Moves program a part of your every day fitness routine. In addition, this challenge provides social support and friendly competition to promote and support exercise adherence.

WHAT is the program goal?

The goal of every wellness incentive program is to provide participants with the tools to make meaningful and healthful lifestyle changes. In this program, teams compete to earn fitness points for completing the seven Simple Moves and engaging in self-selected cardiovascular fitness on a daily basis.

WHEN and WHERE do I need to complete activities?

The activities focus entirely on physical fitness, so they can be completed during the time you usually designate for physical activity. However, the focus will also be on completing the seven Simple Moves at work to help you make them part of your daily routine. The cardiovascular fitness activities may be completed at home, at the gym, or wherever else you feel comfortable exercising. All may be completed independently although some teams may choose to exercise together occasionally.

WHY is it important that I participate?

Performing on-the-job movements incorrectly day after day will inevitably lead to chronic problems that can jeopardize an individual's future health, fitness, and livelihood. The Simple Moves program is a straightforward approach to correcting unsafe movement patterns and improving balance, strength, coordination and energy levels. The seven Simple Moves are easy to incorporate into the workday and yield amazing results. The design of this wellness challenge makes it fun and simple for teams of employees to establish a habit of including the Simple Moves in their everyday routine. Plus, there are prizes to win!

HOW will my progress be tracked?

You will be provided with a player card to log your daily fitness activities and earn points for each one completed. At the end of each week, you will report the number of fitness points earned to the team captain. A team average will be calculated as teams compete for fabulous prizes.

**For More
Information**

**Frequently
Asked Questions**