

# MARCH INTO MAY

Connect to Movement



This March into May focus is connecting to the joy of movement.

**100  
POINTS**

Program Run Dates: **MAR 25TH- MAY 5th**

Captain Registration: **FEB 5TH- FEB 21st**

General Registration: **FEB 26th- MAR 8th**

# FREQUENTLY ASKED QUESTIONS



March Into May is a 6-week team challenge. Teams of 6 - 14 walkers and solo walkers are invited to participate. The goal is to walk an average of 7,000 to 10,000 steps a day to meet the CDC's physical activity guidelines. This is a friendly and social competition with divisions based on similar activity levels. There are three divisions with one winning team from each.

"Moving your body makes space for joy."

## WHO CAN PARTICIPATE?

All Healthy Lifestyles participants and SLCO employees are eligible to participate. If you are unable to walk during the challenge, you are encouraged to convert your movement into steps (see below).

All participants must register.

**If you have registered as a captain, you do not need to fill out the general registration.**

## WHAT DOES A TEAM CAPTAIN DO?

Being a team captain is simple! All you have to do is register prior to the general registration as a team captain and once MIM begins, send your teammates friendly reminders to log their steps, & cheer them on!

# HOW DOES IT WORK?

Participants must record **75%** of steps and complete the post-survey to receive **100 points**. WellSteps will send weekly notifications to input steps during the 6-week program. WellSteps will display personal steps, team steps, and calculate the leaderboard to show your team's standing against other participants.



## I ALREADY HAVE A TEAM I WANT TO JOIN. HOW DO I FIND MY TEAM WHEN I REGISTER?

Team captains were asked to sign up early. When you register, you can select your team captain from a drop-down list and you will be added to that team. If you do not see your captain listed, we will assign you to a team.

## CAN I STILL PARTICIPATE IF I DON'T HAVE A TEAM?

Yes! Participants who do not have a team but would like to join the March into May program will join a Healthy Lifestyles Team. You will track your overall weekly steps and report your steps on Wellsteps.

## HOW DO I TRACK MY STEPS?

We recommend you use your own step tracking device. You may use a smartphone app, wearable health device, or traditional pedometer. If you have a wearable health device, you can sync it to WellSteps and your steps will transfer to your individual, team, and overall step count. This puts less pressure on you and more time for walking!



## CONVERTING MOVEMENT INTO STEPS:

Everything from skiing, to mopping, to stretching can be converted into steps that will contribute towards your step count.

Simply use our step conversion chart to get started.

## HOW ARE DIVISIONS CREATED?

Healthy Lifestyles will be organizing teams into divisions based on similar activity levels: brisk walkers, power walkers, and marathon walkers. The winning team of each category will win a prize.

## GET THE APP

Wellsteps has an Application for your smart device to make it even easier for you to log in on the go!  
Check it out!

March Into May  
101 via Webex

**TUES, MAR 19TH**  
**11:30 AM - 12:30 PM**