

Fall Fitness Challenge 2017

Challenge Overview

This challenge is to promote increased physical activity, which in turn can help reduce stress and improve overall health. The Fall Fitness Challenge 2017 has been designed to encourage a more active lifestyle through friendly competition. It employs a team-based, social engagement model to promote competition among the challenge participants.

This challenge is to encourage each participant to increase their physical activity by reaching and maintaining 30 minutes of activity, 4 days a week over the course of the 6-week challenge.

During and at the end of the challenge period, incentives will be given. Some of the incentives will be based on:

- * the team with the most points
- * individuals with the most points
- * maintaining 30 minutes of activity, 4 days a week
- * collecting badges and earning achievements

Once the challenge begins, only participants that have registered and provided a valid email address at time of registration will receive weekly emails.

Visit the Williamson County Benefits Website, Fitness Challenge 2017 page for weekly challenges and other helpful information during the challenge period.

Who can participate?

Full time or part time employees of Williamson County are eligible to participant in the Fall Fitness Challenge 2017.

What is the registration period?

September 25, 2017 through October 8, 2017.

All participants must register by going to <https://wc.globalfitnesschallenge.com/#/registration>

What is the Challenge period?

October 2, 2017 through November 12, 2017

Do I have to have an activity tracker to participant?

NO! You can manually enter your activity time.

Why is the challenge designed with minutes instead of steps?

Not all physical activity is tracked in steps (for example: yoga, strength training, cross fit, etc.). Using minutes is a more suitable way of standardizing a scoring metric across all activities that a participant may engage in.

Do I have to be on a team?

You do not have to be on a team to participant in the challenge. Participants who are a part of a team tend to engage with the challenge more than individual participants. Teams motivate each other and hold individual members accountable which drives participation. Team scores also represent an average of all team members' individual activity. This makes the challenge more fair and relatable to all participants.

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How many participants make up a team?

There is a minimum of 5 participants and maximum of 15 participants that can join a team.

Who do I contact if I can't sync my tracker or have a question regarding the site?

Send all questions related to the site through the "Contact Us" form on the site that directs messages to a mailbox for a response from the challenge support team. Staff in the Williamson County Benefits Office cannot not help with questions or issues you may have with the site or syncing on your tracker.

Why do we only track moderate and intense activity minutes from fitness tracking devices?

Fitness tracking devices typically record all activity that a user engages in throughout the day. The devices record higher intensity activities as either moderate or intense. These moderate to intense periods are generally associated with exercise. The goal of the challenge is to track these higher intensity periods of activity from a participant. However, some activities that are categorized as "low intensity" may still apply to a participant's fitness goals. For example, if you go out of your way to take a 20-minute walk at lunch instead of sitting at your desk, we encourage you to log this "walking" activity manually on the site. Your tracking device may consider this "low activity" but it is still exercise that you should track independently.

How do I avoid "double dipping"?

If using a wearable device, the device is already logging physical activity. We encourage users to review the activity logged by their fitness device before logging manual activity to avoid adding the activity to the site twice. This ensures a fair challenge for all participants!

How are points earned?

Points are earned at a value of one point per minute of activity, up to a maximum of 480 minutes per day. Points are also earned through completing certain achievements on the site. Some users may accumulate points very quickly in the first week or two and this is usually due to the completion of achievements.

How are team points earned?

Team points are earned as an average of all the points earned by the individuals on a team. From a competition perspective, this is the best way to compete against coworkers. We encourage users to form a team, engage in healthy competition against other teams. The average of the points across team members over time allows for a great way to work with others and rely on teammates to rack up points.

Is my activity monitored or audited?

We encourage participants to accurately and ethically log all of their activity. In the end, this challenge is designed for you, to help you improve your personal fitness while also giving you an outlet by which to connect with your coworkers, form teams, and have a way to compete with other teams and coworkers. We encourage accurate participation for the benefit of all those who are enjoying the challenge.

Please send general questions regarding the Fall Fitness Challenge 2017 to Gina Crawford @ ginac@williamson-tn.org.