

Fall Fitness Challenge 2017

We're excited to announce the newest wellness challenge for Williamson County employees.

The 6-week challenge will begin on October 2nd and ends November 11th. Each participant must register by going to <https://wc.globalfitnesschallenge.com/#/registration>

Two weeks until the challenge begins! REGISTER EARLY

Registration will open on September 25, 2017. By registering, the challenge website will track all your activity minutes through your FitBit, Jawbone, or Garmin tracker; or if you don't have one, don't worry – you can manually enter your activity time. Register early so you can begin accumulating your activity minutes starting on October 2nd to get a jump on the competition!

After registering, you can create a team or join an existing team from the "Team" page. Joining a team is a great way to build that competitive spirit! Team's can range from 5 to 15 participants.

The registration period will be open for a limited time starting September 25th and closes on October 8th. The challenge begins on October 2nd.

Helpful tips:

Time entry will not be available in the platform until the Challenge begins on October 2nd. However, you can still set up your profile, create a team, join a team, and sync your fitness tracker with the platform.

Win a fitbit before the challenge begins!

1. The first 100 employees that register between September 25th and October 1st, will receive a fitbit.
2. You will earn a badge for registering for the challenge and for choosing an avatar. For registering and choosing an avatar, will allow you to earn 20 points before the challenge begins and your name placed in the drawing for 1 of 50 fitbits.

Refer to the Fall Fitness Challenge 2017 overview, which will answer most of your questions.

Visit the Williamson County Benefits website **Fitness Challenge 2017** page for more detailed information on the challenge, tips and prizes.

Please join us for what promises to be an exciting and fun-filled friendly competition in the journey to better health. Email Gina Crawford at ginac@williamson-tn.org with questions regarding the Fall Fitness Challenge 2017.