

# Are you ready to Step It Up?

## Step Challenge Feb 1-Mar 14

It's time to get moving and start tracking exactly how many steps you're taking each day! This Step Challenge will be based on the number of steps you take (including physical activity) and if you own a Fitbit, you are in luck! Sync up your Fitbit with your Daily Endorphin user profile and you can sit back and watch the numbers add up.

### FEATURES OF CHALLENGE

- 6-Weeks (Challenge **begins Feb. 1st** runs thru Mar 14)
- Individual-based Challenge, however you will be able to “compete” against your co-worker (select your department or organization)
- Prizes for Overall winner, as well as, top step-taker per department/org.
- Fitbit is now Linked—all you have to do is Sync!
- You don't HAVE to have a Fitbit to track steps. Use your phone, ipod, pedometer, etc., and manually enter the # of steps you took
- Physical Activity can be converted into steps!
- Now you can see who really takes more steps amongst your co-workers.
- PRIZES!!!

### TIPS

- Key to syncing Fitbit is to have the FITBIT app open regularly so that it syncs with the device on a regular basis. Daily Endorphin syncs roughly every 10 minutes with FB, so first open FB app to allow syncing there first and keep open long enough for their DE account to sync with it too.
- Check out the “America on the Move” pdf that converts activity into Steps (following this document)
- Download the Daily Endorphin mobile app to simplify your life
- Challenge your co-workers!

### **SIGN UP IS EASY:**

1. Copy and paste this link <https://www.dailyendorphin.com/de/signup/join/group/2610/c434a3> into your browser.
2. If you do NOT have an existing account with Daily Endorphin, click “Create an account” at this page or sign in with your existing DE account information.
3. If signing up for a new DE account, complete your personal information at registration page (\*fields required)
4. Click the Step It Up link
5. Select the “team” and if you own a Fitbit and plan to use it, click on the “Link your Fitbit” link located above Step It Up Challenge.
6. **DEADLINE TO SIGN UP: FEBRUARY 7th (even though the challenge begins February 1st)**



Questions? Contact Angel Hohenstein  
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