



# Spring into Fitness Workout Challenge

Start Spring off with some active and friendly competition! Join the Spring into Fitness Workout Challenge and complete as many Verified **Standard or Advanced workouts** as you can during the challenge period. Whether you work out at a gym, use a compatible tracking device like Fitbit, Garmin, Polar or Apple Watch or use your SmartPhone that tracks your steps through Google Fit or Apple Health, there really is an option for everyone! The number of workouts you complete determines the number of Vitality Points you earn. There are 700 Bonus Vitality Points up for grabs with this challenge!

## Challenge Details

- Registration Dates: [Apr 1<sup>st</sup> – 14<sup>th</sup>](#)
- Start Date: [April 15<sup>th</sup>](#)
- End Date: [May 27<sup>th</sup>](#)
- Team Size – [Individual Challenge](#)

## Prizes

Bonus points will be awarded for the number of workouts logged during the challenge period

- 15 - 20 workouts = 300 bonus points
- 21 - 25 workouts = 400 bonus points
- 26+ workouts = 500 bonus points

That's not all! Complete your Mental Well Being Review (MWB) or any HealthyMind activity (sleep or meditations) and receive a bonus 200 points!

## How to Participate

*Step 1: Join the Challenge between*

- Log on to [PowerofVitality.com](https://PowerofVitality.com)
- Visit the Challenges page under the Community tab
- Click Get Started
- Click Join Challenge
- Agree to the Rules of the Road
- Create a Team – Even though this is an individual challenge, you will still need to create a team and pick the name to display on the leaderboard

*Step 2: Link and sync your fitness device or smartphone app and start stepping!*

- To learn more about which devices and apps can be used to log steps, visit the Fitness Devices section of the Guide to Vitality (Resources tab – Guide to Vitality – Linking to Vitality – Fitness Devices)

Please note that the steps data can be delayed up to 48 hours and may not appear immediately on the challenge platform. Be sure to sync your device daily by opening your device and Vitality Today mobile apps.

