

# MARCH INTO MAY

## Stepping Through Time



This March into May's theme is Stepping Through Time. Participants "travel" through different eras and historical sites each week with their steps.

Captain Registration: **FEB 3rd – FEB 21st**

General Registration: **MAR 3rd – MAR 19th**

Program Run Dates: **MAR 31st – MAY 9th**

# 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.

"Step Into the Past, Walk Into the Future ."

## WHO CAN PARTICIPATE?

All 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 **at least 32 days** 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 March into May will join a SLCo Employee Wellness Team. You will track your overall weekly steps and report your steps on WellSteps.

## HOW DO I TRACK MY STEPS?

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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?

The Employee Wellness staff organizes teams into divisions based on similar activity levels: Renaissance Rovers, Viking Voyagers, and Gladiator Striders. The winning team of each category will win a prize and trophy.

## GET THE APP

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WellSteps has an app 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

**MAR 25TH**  
**11:00 - 11:45 AM**