



HIGH DESERT HIKE

WEB-BASED TRACKING!

This online challenge features:
Easy Mobile Access
Buddies
Message Boards
Activity Tracker
More!

FREQUENTLY ASKED QUESTIONS

WHO is the challenge designed for?

This challenge is designed for those just considering beginning a physical activity program as well as those who are already practicing healthy habits. The real emphasis is on encouraging you to build more activity into your daily routine.

WHAT is the challenge goal?

The goal of every wellness challenge is to provide participants with the tools to make meaningful and healthful lifestyle changes. This program focuses on adding more physical activity into your daily routine. Your goal is to log at least 10,000 steps daily.

WHEN and WHERE do I need to complete activities?

You will record your steps daily using a pedometer or wearable device/smartphone app. You will enter this information online, or if using an app/device, you can complete a simple sync process and your steps will be entered automatically on a daily basis. Your goal is to average at least 10,000 steps daily to visit all 10 monuments!

WHY is it important that I participate?

Regular movement and physical activity assist with everything from sleep to management of conditions like high blood pressure. Physical activity contributes to overall health and well-being.

HOW will my progress be tracked?

You will use a pedometer or wearable device/smartphone app to record your steps each day. Your goal is to average 10,000 steps daily.

To join this challenge, visit this URL:

Select the "Sign Up" link

When prompted, enter company code:

then complete your profile