



AROUND THE WORLD IN 80 DAYS SCAVENGER HUNT FITNESS CHALLENGE

SEPTEMBER 6 (Labor Day)—NOVEMBER 24th, 2010

Travel virtually around the world in 80 days with fellow scavengers! This fitness challenge takes you around the world to seven different exotic destinations. Your scavenger hunt starts with your first step when a clue will appear on your screen to give you a hint as to where you will be travelling next on this fantastic voyage. All you have to do is track and enter your daily physical activity. Join an individual and/or team challenge that meets your fitness level by following the detailed instructions below. **WIN PRIZES!!!!** Every time you reach your clue destination by the target date, you will be entered into a random draw for a USB pedometer! If you return to Louisville by the last day of the challenge or average 10,000 steps during the challenge, you will be entered into cash prize drawings!

STEP 1: Join the Kentuckiana Metro on the Move as a 1st time user! If not, got to Step 2 and/or 3 !

- Visit www.kentuckianahealthalliance.org.
- Click the "Kentuckiana Metro on the Move" logo on the top left of the Home page (see logo above).
- Once on the Kentuckiana Metro on the Move (KMOM) website, click "Join Today!"
- If you agree to the terms of the website, scroll down and click "Agree."
- Complete the user profile. Select your workplace/organization. Click "Save." If you wish to remain anonymous, choose a nickname unrecognizable to others or leave the nickname field open.

STEP 2: Join ONE of the INDIVIDUAL Around the World in 80 Days Scavenger Hunt Challenge!

- Once in the KMOM website, click "Challenges."
- Click one of the Around the World in 80 Days Scavenger Hunt Fitness Challenges that meet your fitness level (approx. 2124 steps = 1 mi).
 - Around the World in 80 Days **Light to Moderate** Fitness Challenge—7,500 average steps/day
 - Around the World in 80 Days **Active** Fitness Challenge—10,000 average steps/day
- Click "Join Challenge."

STEP 3: Join or organize TEAM to join the Around the World in 80 Days Scavenger Hunt TEAM Fitness Challenge (8,000 steps/day)!

- Join a team that already exists.
 - ⇒ Once logged into the KMOM website, click "Workplace Teams" and search "All" teams.
 - ⇒ Find the team of your choice, and click "Join Team."
 - ⇒ Your team captain must join the Around the World Team challenge for your team to be enrolled.
- Create your own team.
 - ⇒ Once logged into the KMOM website, click "Workplace Teams" and click "Create A Team."
 - ⇒ Complete the "Team" profile with the following:
 - ◇ Type in the name of your team.
 - ◇ You may leave "Choose a Challenge" empty, if you would like this team to compete in multiple challenges or you may sign up the team for only the Around the World Challenge.
 - ◇ If you would like anyone from your workplace/organization to be able to join your team, select "Public." If not, select "Private;" your team members will then be required to enter a password to join your team.
 - ◇ Select whether you are a member of the team.
 - ◇ Select whether you would like a message board.
 - ◇ Wait for team approval by the KMOM Administrators.

STEP 3: Join or organize TEAM to join the Around the World in 80 Days Scavenger Hunt TEAM Fitness Challenge (8,000 steps/day)!

- Join a team that already exists.
 - ⇒ Once logged into the KMOM website, click “Workplace Teams” and search “All” teams.
 - ⇒ Find the team of your choice, and click “Join Team.”
 - ⇒ Your team captain must join the Around the World in 80 Days Scavenger Hunt Team challenge for your team to be enrolled.
- Create your own team.
 - ⇒ Once logged into the KMOM website, click “Workplace Teams” and click “Create A Team.”
 - ⇒ Complete the “Team” profile with the following:
 - ◇ Type in the name of your team.
 - ◇ You may leave “Choose a Challenge” empty, or you may sign up for the Around the World Challenge.
 - ◇ If you would like anyone from your workplace to be able to join your team, select “Public.” If not, select “Private;” your team members will be required to enter a password to join.
 - ◇ Select whether you are a member of the team and whether you would like a message board.
 - ◇ Wait for team approval by the KMOM Administrators.

STEP 4: Add your activity or steps daily or weekly!

- Track your activity or steps each day of the challenge.
- You may enter your activity daily or can wait to do it weekly by changing the date to add past activities.
- If you make a mistake, please simply add whatever activity or step you added incorrectly on the same date with a minus sign in front of it. Example: -10,000 steps

STEP 5: Prize Eligibility!

- Participants may be enrolled in both a team and ONE individual challenge but may not be enrolled in two individual challenges. Participants enrolled in two challenges will NOT be eligible for prizes.
- Start the race and reach the seven Destinations on the target dates listed below, you and/or our team will be entered into the pedometer prize drawing.

Target Dates for USB Pedometer Prize Drawing

- September 7: Enter your **FIRST STEP** by this date
- September 13: Reach **DESTINATION #1** by target date.
- September 21: Reach **DESTINATION #2** by target date.
- October 5: Reach **DESTINATION #3** by target date.
- October 8: Reach **DESTINATION #4** by target date.
- October 13: Reach **DESTINATION #5** by target date.
- October 17: Reach **DESTINATION #6** by target date.
- November 12: Reach **DESTINATION #7** by target date.

- You and/or your team will be entered into a \$100 cash prize drawing when you meet if you meet one or both of the following target dates:

Target Dates for \$100 Cash Prize Drawing

- November 24: Return to **LOUISVILLE** by target date to complete the challenge.
- November 24: Average 10,000 steps/day during the challenge.

- Your final activity must be entered by close of business on **Monday, November 29th** to be eligible for Cash Grand Prizes.

*Consult your physician before starting a new exercise or weight loss program.

Underwritten by:



Coordinating Partners:

