

# SPACE SHUTTLE SPECTACULAR TEAM FITNESS CHALLENGE



**January 9 - February 14, 2012**

Take off to a healthier you by starting at the NASA Space Center in Houston and finish at Cape Canaveral, Home of the Space Shuttle by Valentines Day! Watch as your crew travels along the route that was created using satellite imagery and prepare to launch. The count down to a healthier you has begun! Create or join a team of 3 - 5 people in the Space Shuttle Spectacular TEAM Fitness Challenge. Average 10,000 steps per day to complete the challenge by February 14th and your team will be entered into a prize drawing for a healthy lunch!

## **FOLLOW THESE DETAILED INSTRUCTIONS TO GET STARTED!**

### **STEP 1: If you are a first time user, you must join the Kentuckiana Metro on the Move first.**

- Visit [www.khcollaborative.org](http://www.khcollaborative.org).
- Click the "Kentuckiana Metro on the Move" logo on the top right 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 or organize a Team for the Space Shuttle Spectacular TEAM Fitness Challenge**

- 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 Space Shuttle Spectacular TEAM Fitness 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 future or multiple challenges.
    - ◇ If you would like anyone from your workplace/organization to be able to join your team, select "Public." If not, select "Private;" and select a password.
    - ◇ Select whether you are a member of the team.
    - ◇ Select whether you would like a message board.

### **STEP 3: Add your activity or steps daily or weekly!**

- Track your activity or steps each day of the challenge. A pedometer is the best way to track steps.
- 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 and clicking "Add." Example: -10,000 steps

### **STEP 4: Prize Eligibility!**

- Teams averaging 10,000 steps/day and arriving at prize milestones by Jan. 20th & Feb. 1 will be entered into prize drawings for USB Pedometers. Teams completing the challenge by **Feb. 14th** will be entered into a grand prize drawing for a HEALTHY team lunch! You have one day after these TARGET dates to update your steps for eligibility.
- Participants may be enrolled in both a team and ONE individual challenge.