

# Super Bowl of Steps!

The center of the sporting universe will be almost 3,000 miles away on Sunday, February 2, when East Rutherford, New Jersey, plays host to the first outdoor, cold-weather Super Bowl. But you can kick off your own competition that day in sunny Southern California with AltaMed's Super Bowl of Steps!

## How the challenge works:

This healthy competition with coworkers can help you get off to an active start to the New Year as you track your steps with a pedometer and log your progress online. Record your steps every day to keep the totals as accurate as possible.

There is no cap on how many members can be on each team, but all teams **MUST** be created before February 2nd. If you are not on a team by February 2nd you will not be able to participate, so sign up now!

## Challenge dates:

Kickoff: Sunday, February 2

Competition ends: Saturday, March 8

## Prizes

**5 weekly drawings** Individuals averaging 10,000 steps a day for the week will go into a raffle.

**Grand Prize drawing** At the end of the challenge, teams averaging 10,000 steps a day will go into a raffle. Weekly and grand prizes will be announced soon!



## Questions? Call or log on today!

Call: **866.645.1763** TDD: 800.697.0353

Online: **guidanceresources.com** Your company Web ID: **ALTAMED**

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Wellness Program