ARE YOU READY TO TRANSFORM YOUR LIFE AND WELLBEING?

Habits for Health is a 4-week challenge that will teach you how to make small, incremental changes that will transform your life and wellbeing. Along with identifying your own personal habit goal, you will be asked to focus on daily movement as a starting point for instilling new and positive habits!

**IMPORTANT DATES**

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<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>7/16/18</td>
<td>Registration Opens Within Alyfe Portal</td>
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<tr>
<td>7/30/18</td>
<td>Challenge Begins</td>
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<td>8/27/18</td>
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Please note: Incentive points for completion will be uploaded to your account by the end of the first week of September.

**HOW DOES THE CHALLENGE WORK?**

- Earn 40 points by completing 75 minutes of **movement** each week. You can log your minutes of **movement** within the Alyfe Portal progress tracker (on the homepage) or sync your activity tracker (i.e Fitbit). All minutes synced during the challenge duration will count toward the challenge and appear in the progress tracker.

- Each week, materials will be provided to help you evaluate and assess your goal with a focus. This information can be found under the “My Tasks” tab in the progress tracker.

**SO WHAT COUNTS AS MOVEMENT?**

There are many ways to earn your **movement** minutes throughout the day. **Movement** can include “activities of daily living” — such as grooming, meal preparation, homemaking, caring for your family, and walking. **Movement** can also include occupational activities, or “purposeful activities,” which require coordination between your motor and cognitive systems, and is goal driven, such as walking between meetings, taking the stairs to the office, using a tool, or following a process to accomplish something. Lastly, **movement** can include things like running, cycling, attending a fitness class, participating in yoga, or lifting weights.


Whether or not you already have an established exercise program in place, you likely already get 30 minutes of **movement** in your day if you walk through the grocery store (130 calories), take care of your garden (172 calories), or do cleaning/chores around the house (167 calories).
HOW TO REGISTER FOR THE CHALLENGE

1. Click Here <https://bewelluc.alyfewellbeing.com> to login to the Alyfe portal.
   a. Please note – if you have not yet logged in, click “Register New Account” to register for an account to gain access to the portal.
2. Click on the “Sign Up” button for Habits for Health on the homepage.
3. Click “create your team” and enter your name or nickname to display, then hit “Sign Up Now!”
   This is an individual challenge, “your team” represents just you.
4. You will see the progress tracker on the homepage when the challenge starts July 30.

TRACKING YOUR ACTIVITIES

You can log minutes on the homepage once the challenge begins. Simply click on “Log Minutes,” and a pop up box will appear. You can choose an option from the list, or if you are routinely doing the same movement, you can create a custom option to choose each time you come back. To do this, you must first click on “Add Custom” to create your option, which could be as simple as “H4H 30 minutes of activity.” Then you can choose your custom activity under the Custom tab the next time you log in — add your minutes and click “save.” The minutes entered will be applied to your challenge progress tracker.

You can enter movement minutes daily or weekly. If you choose to enter weekly, use the blue arrow to find the date, select your activity, enter your completed minutes, and click “save.” Movement minutes will only apply to the challenge if they are within the challenge dates.

LOGGING MINUTES ON ACTIVITY TRACKERS

If you have an activity tracker that you would like to connect to the Alyfe portal, you must first set up your activity tracker on the manufacturer site. Then you can connect to the portal. Just click on the “SYNC YOUR APPS AND DEVICES” widget on your homepage. You can register multiple activity trackers if you choose to do so, if they are on the list of devices/applications available to your program.

If you activate more than one activity tracker, the portal will show all activity trackers and the number of steps and/or activity minutes for each. However, it will only “Apply” the activity tracker that recorded the highest total for that day to avoid duplicating steps and/or minutes.

Your steps and/or activity minutes will count toward an active challenge. Your activity tracker will sync to your Alyfe portal account and update your challenge stats. The portal should be updated within 15 minutes, however, please wait at least 24 hours before escalating the issue to Alyfe as some tracker software may experience a slight delay.

START BUILDING YOUR HABITS FOR OPTIMAL HEALTH TODAY!

Be Well UC  
University of CINCINNATI