



SPARK AMERICA

presented by PeopleOne Health



2024 FALL FIT CITY CHALLENGE

September 1 - 30

SAVE THE DATE!

Help your organization reach the top of the leaderboards to be one of the most active in your city!

The SparkAmerica Fit City Challenge is designed to help individuals and companies become Fit & Healthy Leaders, while working together to build friendly competition. This multi-city challenge encourages participants to get and stay healthy by tracking daily fitness activity minutes in a fun and free Fitness Game. Registering is easy!

1. Go to SparkAmerica.com/Register, enter your email and follow the prompts.
 - o New participants: Locate the SparkAmerica callout on the homepage and click the button to join.
 - o Previous participants: You will automatically be registered after step 1.
2. Create a username that will display publicly on leaderboards.
3. Begin tracking your fitness minutes on *September 1*.

All you need to do is pick your favorite physical activity - walking, biking, swimming, gardening, basketball, soccer, pickleball, etc. and track minutes in your PeopleOne Health app or portal!

TO TRACK:

- Go to portal.peopleonehealth.com and log in
- Select menu, then **Tools & Trackers**
- Select **Fitness Game**
- Enter the activity and the number of minutes

Don't forget to check the Leaderboards to see where you and your company stand. Good luck!

