



OCT 2 - NOV 12



Compete against the State of Colorado to see which state can walk the most steps!

Compete individually and/or as a Team!

Oct 2 - Nov 12
7,000 avg. steps/day

To create/join a Team:

- Click on the My Clubs tile
- Click on the Plus Sign in the upper right corner
- Fill in the requested information and Click Create
- From there, you will be able to invite members to join your club. Team limit is 15.

*To invite members, they must also have a Walkingspree account.

Pro Tip: Using the Les Mills tile in the app is a great way to get your activity in!

REWARDS:

Top 3 Teams will win \$50 gift cards

Top 10 Walkers will win \$50 gift cards

Earn the badge and be entered to win 1 of 100 \$50 gift cards.

Only employees on the Cigna health plan are eligible for rewards.

REGISTER TODAY!

Already have an account? Great! You'll automatically be entered into the challenge this year. Follow the instructions provided to create/join a Team if you would like to.

- ✓ Download and Open the Walkingspree App
- ✓ Tap Sign Up
- ✓ Select State of Wyoming from the drop down.
- ✓ Membership/Redemption Code: **WYOMINGONWELLNESS**
- ✓ Connect your Phone and/or Devices by following the prompts

Be sure to open your Walkingspree app every few days to update your steps! Fitbit and Garmin users should open the Fitbit or Garmin app first and then open the Walkingspree app to ensure all steps are synced.



Walkingspree will never share your data with outside parties. Your employer will only receive your step count for any incentives offered for challenges. You may participate within the app anonymously by choosing your own screen name.



Need help? Contact us at support@walkingspree.com

