

MARCH INTO

May



NATIONAL PARKS EDITION

March Into May: National Parks Edition is focused on the beauty, wildlife and recreation of our National Parks and forests. Get moving in greenspace and appreciate the Earth's beauty.

CAPTAIN REGISTRATION:
JAN. 14TH - FEB. 4TH

GENERAL REGISTRATION:
FEB. 11TH - MARCH 4TH

MARCH INTO MAY 101

VIRTUAL WORKSHOP:

MARCH 10TH



PROGRAM START DATE:
MARCH 16TH - APRIL 26TH

WRAP UP WEEK:
APRIL 27TH - MAY 3RD

**AWARDS CEREMONY &
FUN NIGHT OUT:
THURSDAY, MAY 7TH**



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FREQUENTLY ASKED QUESTIONS

March Into May is a 6-week team challenge. Teams of 6 – 20 walkers and solo walkers are invited to participate.

The goal is to walk an average of 7,000 to 10,000 steps a day to meet the CDC's physical activity guidelines. This is a friendly and social competition with divisions based on similar activity levels. There are three divisions with one winning team from each.



WHO CAN PARTICIPATE?

All SLCo employees are eligible to participate. If you are unable to walk during the challenge, you are encouraged to convert your movement into steps (see below).

All participants must register.

If you have registered as a captain, you do not need to fill out the general registration.

WHAT DOES A TEAM CAPTAIN DO?

Being a team captain is simple! All you have to do is register prior to the general registration as a team captain and once MIM begins, send your teammates friendly reminders to log their steps, & cheer them on!

HOW DOES IT WORK?

Participants must record at least 32 days of steps and complete the post-survey to receive 100 points. WellSteps will send weekly notifications to input steps during the 6-week program. WellSteps will display personal steps, team steps, and calculate the leaderboard to show your team's standing against other participants.



I ALREADY HAVE A TEAM I WANT TO JOIN. HOW DO I FIND MY TEAM WHEN I REGISTER?

Team captains were asked to sign up early. When you register, you can select your team captain from a drop-down list and you will be added to that team. If you do not see your captain listed, we will assign you to a team.



CAN I STILL PARTICIPATE IF I DON'T HAVE A TEAM?

Yes! Participants who do not have a team but would like to join March into May will join a SLCo Employee Wellness Team. You will track your overall weekly steps and report your steps on WellSteps.

