The Resolution Revolution
January 3 – February 13, 2017

CHALLENGE YOURSELF TO
6 WEEKS OF BETTER HEALTH

The Resolution Revolution Challenge is a fun team competition to help you amp up your activity. Follow these steps to make the most of this challenge!

1. KNOW THE BASICS
   - Registration begins December 20.
   - The challenge runs January 3 – February 13.
   - Employees, retirees and spouses are eligible to join the competition.
   - Participants who track at least 30 days of activity during the challenge earn 10 wellness points.

2. SIGN UP
   - Look for Challenges in the left navigation panel.
   - Click on the title of the challenge, “Resolution Revolution Challenge,” and then join or create a team.
     Join a team: Click “Join Team” and follow the steps to create your individual name and icon. After you’ve completed this step, you’ll be taken to your team page.
     Create a team: Click “Create Team,” select a team name, description, team icon and background color. Once you have successfully created your team, you’ll get a customized link to invite others to join.
   - As part of signing up, you’ll get to create an individual icon.

3. TRACK EXERCISE
   - Log in to MyRedBrick.com/Hennepin to track your exercise. Anything from yardwork to walking to dancing counts!
   - You can record your minutes of exercise in RedBrick Track® or within the challenge, or sync an app or device such as Fitbit or MapMyFitness for automatic tracking. If your activity syncs as steps, those steps will be translated into minutes of activity. 100 steps = 1 minute of activity.
   - To sync an app or device, click on the arrow next to your name in the upper-right corner of your RedBrick account, and then select “Sync Options” for instructions.
   - The Track tool and the challenge share the information so you don’t need to record your activity in more than one place.
   - The challenge is based on the average of recorded activity entered by each team, so each team has an equal chance of success regardless of team size.