

# Cape Cod Municipal Health Group

## *Summer Steps Challenge*



**Ready for some healthy competition?  
Our Summer Steps Challenge Starts Soon!**

**Registration will run from July 15<sup>th</sup> – July 28<sup>th</sup>**

The 4-week Steps Challenge promotes fun and healthy team competition. Join your friends at work and your family at home and encourage each other to be active, happy, and healthy! You must be a CCMHG member to participate.

How it works: This challenge will be run through the [CCMHG's Wellness Portal!](#) If you have not registered on the [ahealthyme website](#) you should do that now. NEW: Starting July 1<sup>st</sup> you will not need an access code you can simply log on to [www.ahealthyme.com/login](http://www.ahealthyme.com/login) and choose "click here to signup"!!



*Individual success:* To successfully complete this challenge, and receive your 25 points, you will need to log **196,000** steps within 4 weeks, an average of 7,000 steps a day, using a pedometer, Fitbit® or other device to keep track of steps. Steps must be entered into ahealthyme wellness portal, either on the website, the HealthyNow app, or a connected Fitbit® device, to be counted toward the challenge goal. 7,000 steps is approximately 3.5 miles. If you are tracking miles you can convert using any online device and add the steps to the site.

*Team success:* Although wellness points are earned individually, team rankings are based on your team's **step average**. The team with the highest average number of steps at the end of 4 weeks will be the winner! Joining a team is easy. Sign up for the challenge using the Challenge Widget on the ahealthyme homepage. Use the drop-down to select your employer team.

**Be on the lookout for an email with more details soon! If you would like to receive these emails directly please email Deanna at [capecodhealthyconnections@gmail.com](mailto:capecodhealthyconnections@gmail.com)**

[www.ccmhg.com](http://www.ccmhg.com)