



BOUNCE

Frequently asked Questions

Want a quick overview of our latest wellness challenge? All the information you'll need to be successful is included below.

WHO is the challenge designed for?

This challenge is designed for those just considering beginning a fitness program to those who are already in a routine enjoying movement. The real emphasis of this challenge is to encourage individuals to include more healthy habits in their daily life.

WHAT is the challenge goal?

The goal of every wellness challenge is to provide participants with the tools to make meaningful and healthful lifestyle changes. This program focuses on adding more physical activity and improved hydration to your daily routine.

WHEN and WHERE do I need to complete activities?

The emphasis of this challenge is on physical activity and hydration. Exercise will be performed primarily outside the workplace. You will track your hydration throughout the day.

WHY is it important that I participate?

Engaging in enjoyable movement may assist with everything from better sleep to managing conditions like high blood pressure. Hydrating your body is also a big boost when it comes to your overall wellbeing. The act of intentionally planning your physical activity improves the odds that you will stick to your routine.

HOW will my progress be tracked?

You will log your minutes of exercise (up to 30 minutes per day) and your fluid intake daily on the desktop or mobile app. Once your weekly exercise planner is completed you may log completion of this activity, as well.

To join this challenge, visit this URL:

Click the link that says "Sign Up"

When prompted, enter company code:

then complete your profile.