



WELCOME TO THE

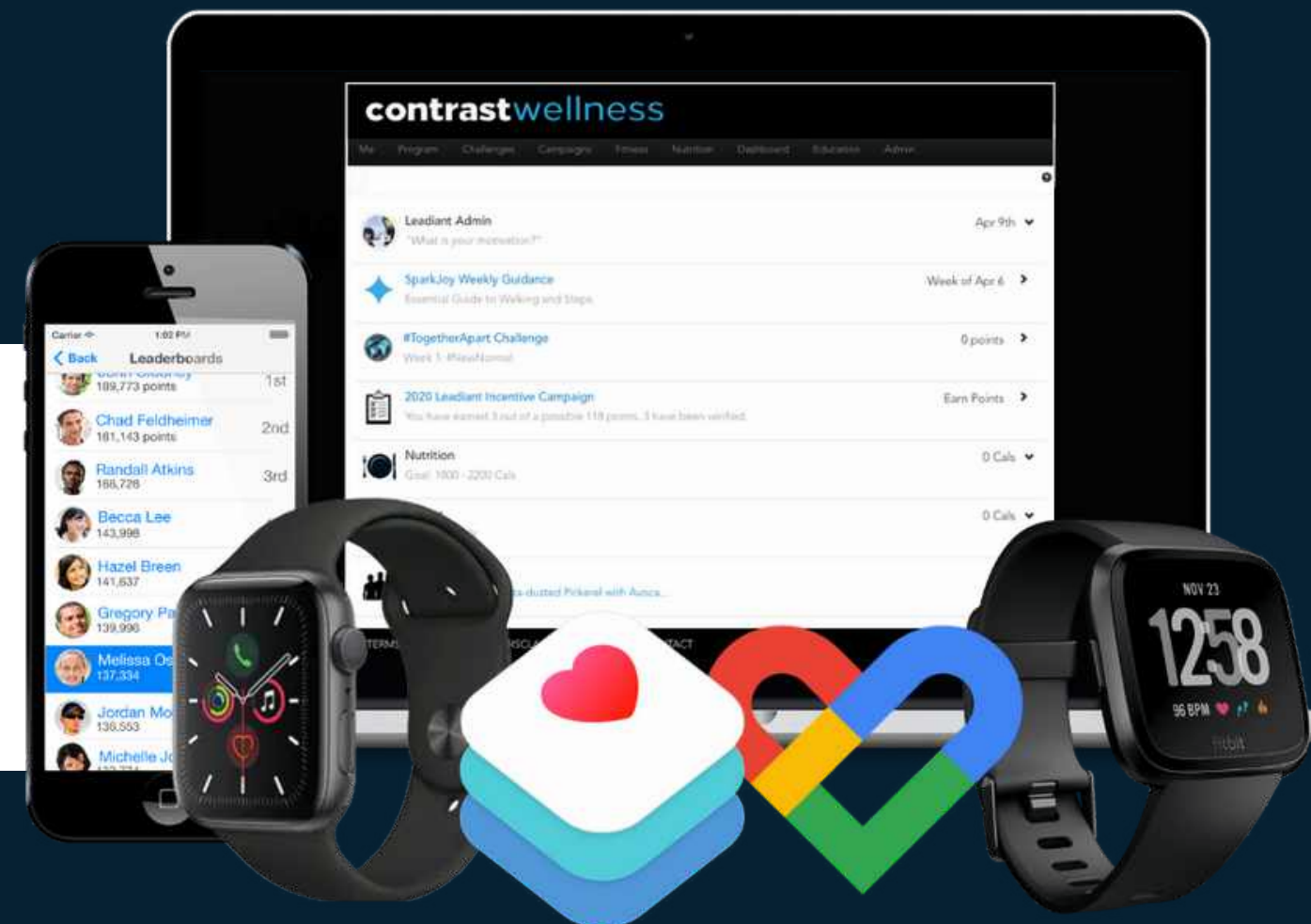
Summer of

Sutton

CHALLENGE



Sutton
BENEFITS & PENSION





THE PERFECT START TO A HEALTHY SUMMER!

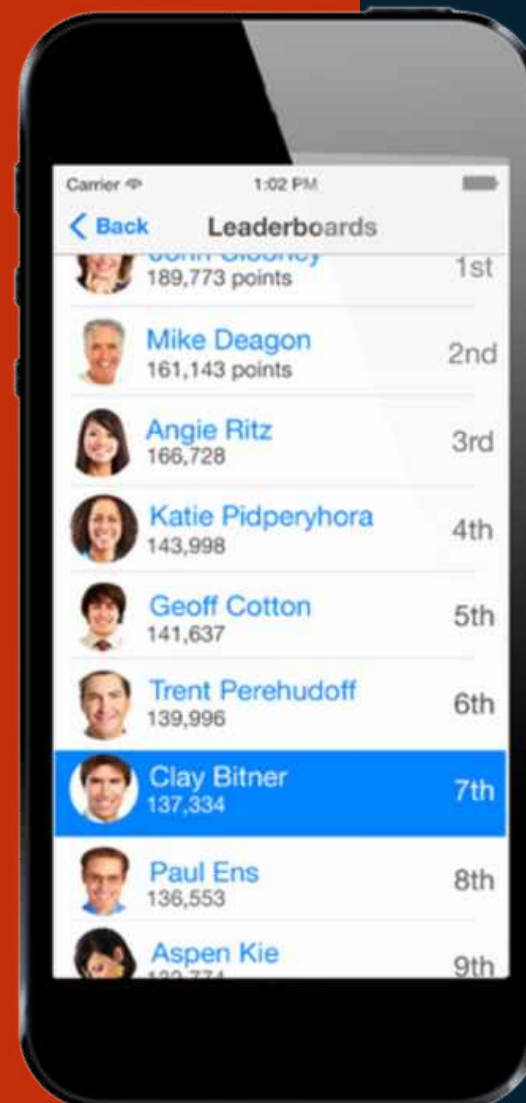
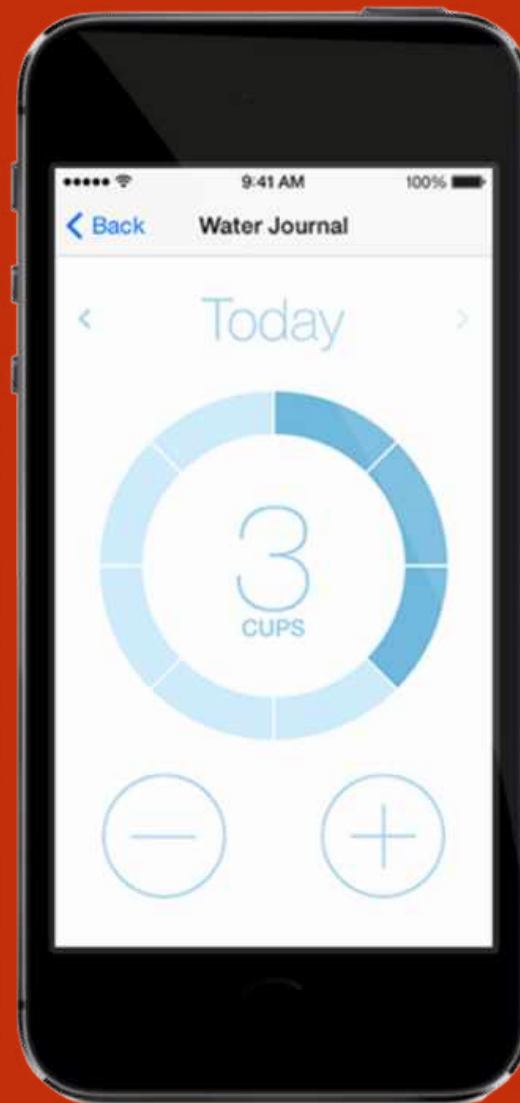
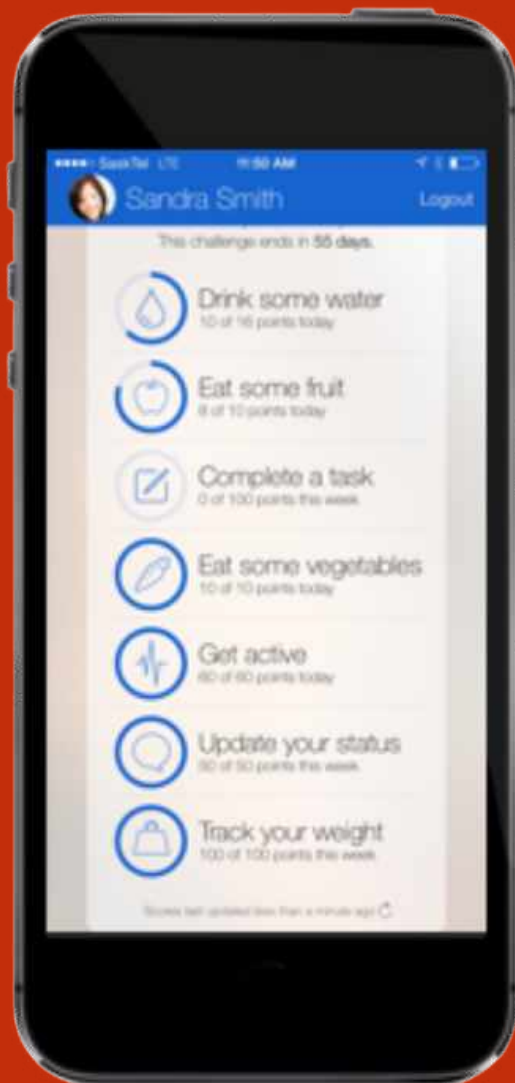
JULY 4 TO AUGUST 28



- 8 Weeks of Challenges designed to keep everyone connected over the summer.
- A weekly email notification with highlights
- 3 Weekly Challenge Tasks
- 1 Weekly Photo Challenge
- 1 Weekly Comment Wall Prompt
- Motivation to be physically active aiming for 250 minutes a week over the summer!



MOBILE APP



- ✓ View Challenge Guidance
- ✓ Log Challenge Activities
- ✓ View Comment Wall
- ✓ View Shared Photos
- ✓ View Leaderboard
- ✓ Access Programs
- ✓ Message Centre
- ✓ Log daily fitness and nutrition
- ✓ Sync with Apple HealthKit (iOS) or Google Fit (Android)

WAYS TO EARN POINTS

Let's Get Challenge Specific!

"Every Minute Counts" Exercise Activities

- 100 Points for logging daily Movement Minutes

Make your OWN moves by choosing activities you enjoy. There are no limitations to the type of movement. Up to 25,000 points/week.

"For the Fun of It" Photo Ops

- 5,000 Points for Sharing a Photo on the Challenge Page

Each week will have a Photo Prompt to inspire engagement and community building. Have fun and get creative, sharing what you are doing this summer.

"Stay Connected" Comment Wall

- 5,000 Points for following the weekly comment wall prompt.

Each week will suggest a comment topic to inspire and share with other participants. Feel free to engage with the community, encourage others and pat yourself on the back with as many comments as you desire.

"Brain Breaks" Challenge Tasks

- 2,500 Points for completing each Challenge Task.

Tasks will change weekly and focus on ways to take care of your mental wellbeing through meditations, learning & growing, and movement-focused physical activity.



Jane Williams
Team: *The Ms.Fits*

#spintown, #msfits
"Spinning to win at Breathe Cycle!"

Like  12





HOW TO JOIN

- Go to the Wellness App section in ContrastHR.
- Click the blue "Activate ContrastHR Wellness" button.
- Accept the Terms & Conditions (first time you log in).
- Fill out your Onboarding form (upload a profile pic and enter your biometric data - everything is private - first time you log in).
- Click to Join the Challenge!

After you've joined, you can access the Challenge any time through the Wellness App page in ContrastHR.

Note: The same username and password you use for ContrastHR you will use for the Challenge app.

Questions? Email support@contrasthr.com.