

# TRS-ActiveCare WALKER TRACKER CHALLENGE



Keep your employees healthy, happy, and focused on wellness.

Looking for a fun way to engage your employees through health and wellness activities? Try a Walker Tracker Challenge!

## What's a Walker Tracker Challenge?

A Walker Tracker Challenge is a customizable step and activity competition that engages your employees in healthy activities. You can set goals specifically for your district and even choose fun themes!

## How it Works

- Employees track their steps or other activities via the Walker Tracker app, which syncs with most fitness devices.
- Results are updated on a virtual map or leaderboard so they can track their progress against the step goal.
- Celebrate! While it's not required, some districts choose to offer a reward or other incentive. It's completely up to you. Your wellness consultant can also offer suggestions.

## Who Can Participate

Anyone can join in on the fun! Many types of activities can be converted into steps, like:

- body weight exercises
- rowing
- swimming
- sports, like softball and soccer
- high intensity interval training
- weightlifting and more!



BlueCross BlueShield of Texas



## Other Features

The Walker Tracker Challenge offers:

- **Social features.** Employees can add friends, compare stats, post photos, participate in discussion boards and cheer on their peers in the Walker Tracker app.
- **Friendly competition.** They'll have the option to compete against themselves or against colleagues and friends – individually or as a team.
- **Themed activity challenges.** Choose maps like Backpacking Around Europe or Destination Vacation from the challenge library to create an adventure for participants.
- **Admin and reporting tools.** This helps make running a challenge simple.

## The Benefits

Employee wellness programs, like The Walker Tracker Challenge can:

- create a less stressful environment for employees
- lead to higher levels of employee happiness in the workplace
- help prevent and reduce illnesses
- improve employees' emotional and mental health
- increase employee engagement, boost morale and build comradery

## Getting Started is Easy

For more information, contact:

Marissa Ryals

**[Marissa\\_ryals@bcbstx.com](mailto:Marissa_ryals@bcbstx.com)**

Senior Wellness Consultant

Blue Cross and Blue Shield of Texas