# 2019 Team Activities

Fun and social activities designed to bring colleagues together, attract attention and get people to ask, “What are you doing?”

## Planned team activities for 2019

1. **January 14 – January 27**
Track 500k steps
* To complete this team challenge, collectively exercise at least 500,000 steps
* Average of 7,150 steps per day, per team member for a team of five
* Team sizes: 5 – 10 people
* SmartHealth points: 200

1. **March 18 – April 3**
50 Stand and Stretch Breaks
* To complete this team challenge, collectively track at least 50 stand and stretch breaks
* Average of one stretch break per day, per team member for a team of five
* Team sizes: 5 – 10 people
* SmartHealth points: 200

1. **May 6 – May 19**
750 Minutes of Exercise
* To complete this team challenge, your team must collectively exercise at least 750 minutes
* Average of three, 25-minute workouts per team member, per week, for a team of five
* Team sizes: 5 – 10 people
* SmartHealth points: 200
1. **July 1 – September 1**
Stepping It Up Together (2 million)
* To complete this team challenge, your team must collectively exercise at least 2,000,000 steps
* Average of 6,350 steps per day, per team member for a team of five
* Team sizes: 5 – 10 people
* SmartHealth points: 200
1. **September 16 – September 29**
Eat Fruits and Veggies as a Team!
* To complete this team challenge, your team must collectively track at least 300 servings of fruits and veggies
* Average of about five fruits or veggies per day, per team member for a team of five
* Team sizes: 5 – 10 people
* SmartHealth points: 200

1. **November 4 – December 28**
Team Meditation – 1000 Minutes
* To complete this team challenge, your team must collectively meditate for at least 1000 minutes
* Average of two 13-minute meditation session per team member, per week, for a team of five
* Team sizes: 5 – 10 people
* SmartHealth points: 200