# 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