



2018 BAY STATE PURSUIT

PHYSICAL ACTIVITY CHALLENGE

SEPTEMBER 24 - NOVEMBER 4

REGISTRATION IS OPEN SEPTEMBER 10 - 30

JOIN THE PORTAL

Go to bostonwellness.livehealthyignite.com

Returning Users

Click **SIGN-IN** in the upper right corner, enter your username and password, and click **Log In**. To join the challenge, start at step 6 of the New User instructions.

New Users

1. Click **JOIN NOW**.
2. Enter your Group Code: **wellness2018**
3. Create your account by entering your name, email address, username, and password.
4. You'll receive a confirmation email; click the link to confirm your account information.
5. Log in to your account and complete your profile.
6. To enroll in the challenge, click **JOIN CHALLENGE** on your portal dashboard.

REWARDS

- Registration prize raffle
- Weekly and bi-weekly prize raffles
- Three challenge-end winners will earn Red Sox tickets
- One Grand Prize winner will earn Patriots tickets

The City of Boston Employee Wellness portal and The Bay State Pursuit are resources for City of Boston Employees and their Spouses only.

GET READY FOR BAY STATE PURSUIT

During this 6-week wellbeing challenge, you'll track your daily activity minutes and answer trivia questions as you tour some of the most interesting places in our great commonwealth!

TRACKING

- Track daily activity minutes. Activity minutes can be tracked manually or through a synced device or app
- Answer two trivia questions each week

SYNCING DEVICES & APPS

Tracking activity with a device or app is optional. A wearable device or health app is not required to participate in the Bay State Pursuit Activity Challenge. If you have a device or app, you can sync your device by clicking the **Sync Device** graphic on your homepage, or by selecting **Account Settings > Device Settings > Device**. Then, select your device.

PROGRAM INCLUDES

- Access to weekly e-newsletters
- A database of workout videos, recipes, and health-related articles
- A meal planner
- Optional activity, nutrition, weight, sleep, and step tracking

WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6
Boston Harbor Islands Mount Greylock	Tanglewood Jaws Bridge	Isabella Stewart Gardner Museum Eric Carle Museum of Picture Book Art	Basketball Hall of Fame Castle Island	Crane Wildlife Refuge on the Crane Estate Blue Hill Observatory	The Collings Foundation Charlestown Navy Yard