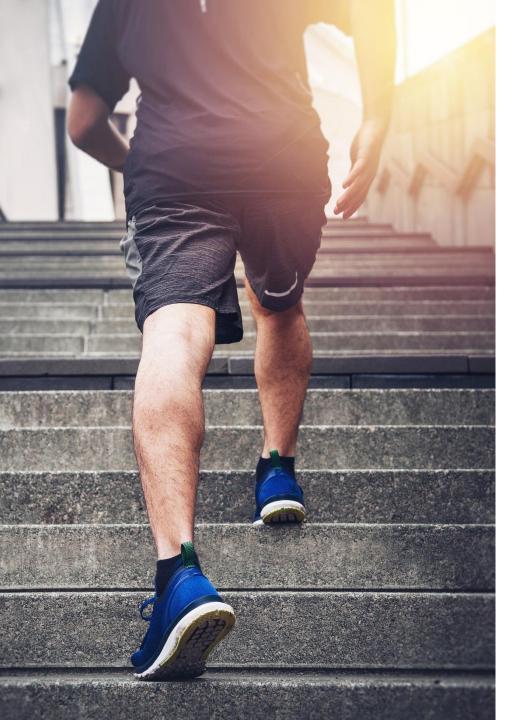


# V//SLK TOWIN 2.0

Guidelines







# Congratulations on taking a step towards your fitness journey...

By participating in this challenge, you are taking an active step towards improving yours and your team's health and wellness. Healthy eating and physical activity has been known to reduce the risk for several chronic conditions including diabetes, heart diseases and hypertension. An active lifestyle has also been shown to help improve mood, sleep patterns and increase productivity.



# Here's a Recap...

- Teams must have 10 members including the Team leader
- Teams less than 10 or more than 10 members will not be considered
- A participant can be part of only one team for the entire Walk to Win challenge.
- Participants can not change teams during the challenge.
- If a team member opts out in the middle of the challenge, the team leader can nominate someone who is not part of any existing teams. You can write to <u>aster.wellbeing@asterdmhealthcare.com</u> with the details of the team member to be replaced and the new team member.
- Once a participant opts out, he/she will not be able to join another team during the challenge



#### Tips to keep you going...

- Remember to stretch!
- Keep yourself hydrated
- Dress according to weather conditions
- Add variety by changing your routine
- Stay active at work
- Use your walking time to listen to your favorite music/podcasts.



## **Track your Steps!**

At Aster, INTEGRITY is one of our core values, hence we expect each team to be honest and embrace high standards of conduct while updating the steps.

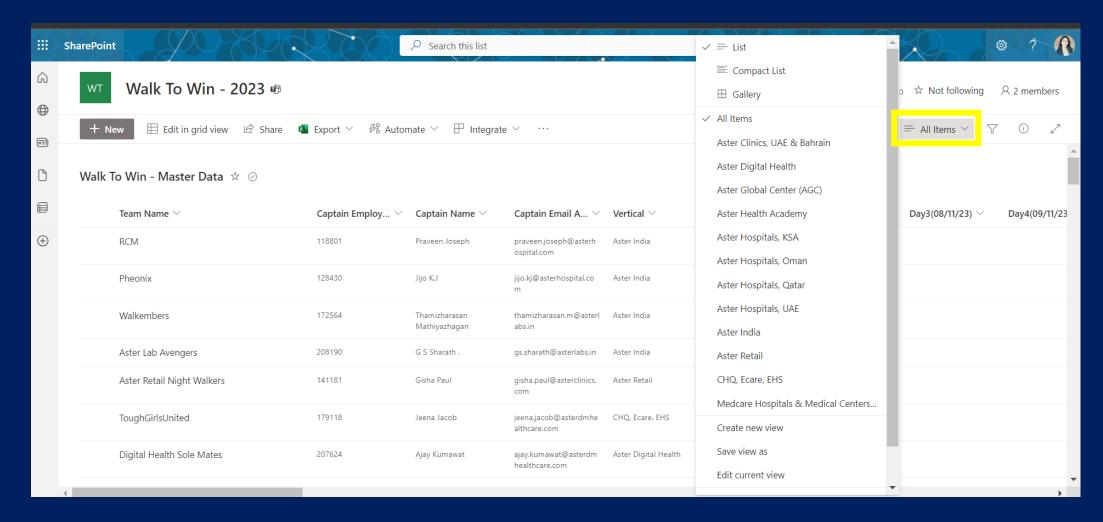
- Each team leader should form WhatsApp groups of participants for tracking number of steps daily where each team member can share proof of steps walked.
- Team members can track their steps through step tracking wearables or you can download apps like Pacer or StepsApp which should seamlessly capture your step count for both android and iOS platforms. Any fitness app is fine as long as steps are not manually added. Integrity is a value that every team captain is expected to uphold.
- Team leaders will be receiving links to update the total step counts. The team leader needs to update the total number of steps for the previous day by 12 noon the next day (i.e between 12 AM to 12 PM). The sharepoint link is: Walk to Win 2.0 Data
- Each team leader should edit the details of their respective team only. Editing/Deleting records of any other team will lead to immediate disqualification.
- The teams that make it to the finals will be asked to share screenshots of steps taken through the challenge.
- We will have over 200 teams contesting for the 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> spots **from 6<sup>th</sup> November to 5<sup>th</sup> December.** There will also be spot prizes which will be announced through out the challenge. So do keep checking your mails and the <u>Yammer page- Meet the moment.</u>
- Last but not the least, please don't forget to stay hydrated and take care of yourself and your team through out the challenge. This is a wellbeing initiative and we expect you to have loads of fun while staying healthy ©

### **Steps To Update The Tracker**

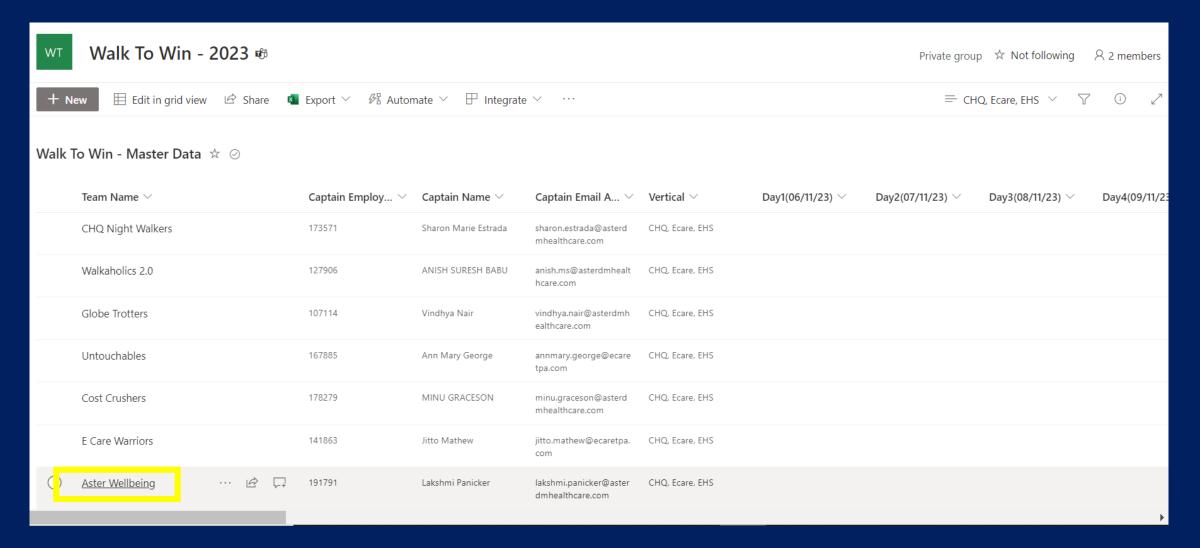
For Team Leaders Only



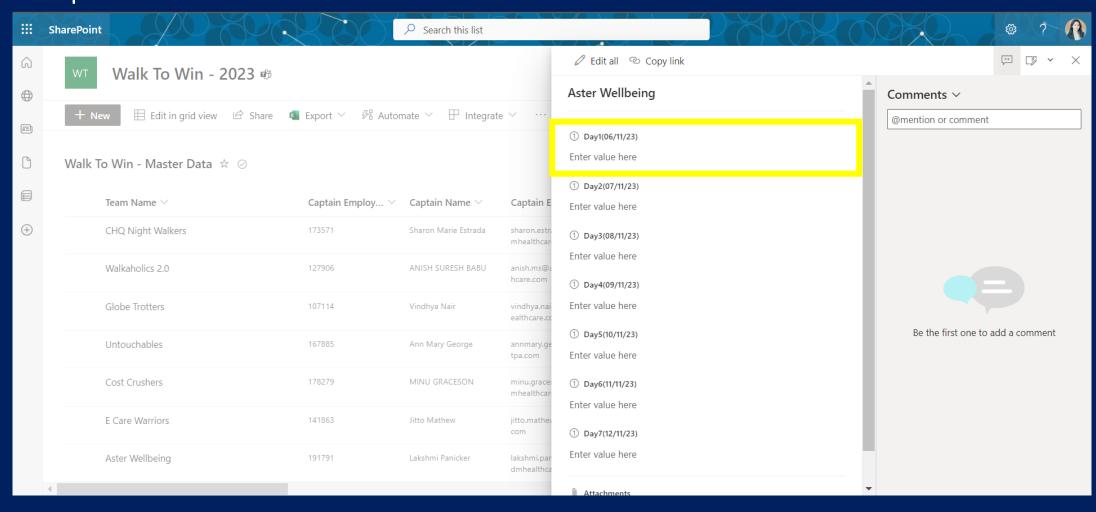
# Step 1: Click on the link - Walk to Win 2.0 Data and search for your team name. You can also click on 'all Items' to filter by vertical



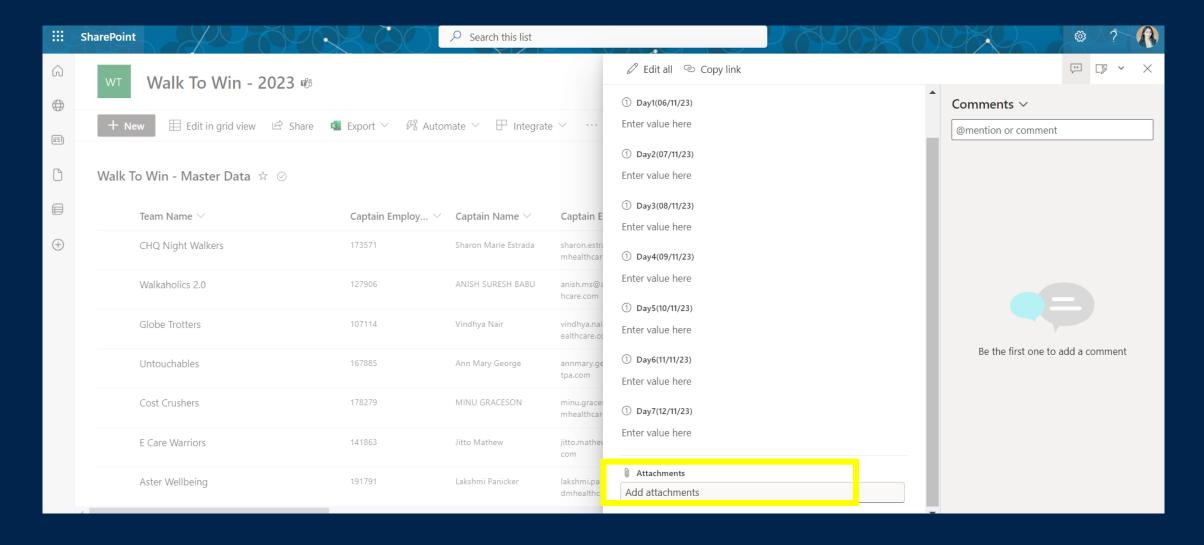
### Step 2: To enter the step count, Click on your team name.



Step 3: Day wise steps to be updated for the previous day. (For example: for day  $1-6^{th}$  November, Team Leader will update total steps taken on before 12 noon on  $7^{th}$  November) DO NOT EDIT THESE FIELDS: Team name, Team Leader Employee Number, Team Leader Name and Email id. It is auto-generated based on team registration. Editing of these fields may lead to disqualification.



### Step 4: Click on 'Add Attachments' to add any screenshots/other details.





### That's all Folks!

For any queries or concerns contact us on aster.wellbeing@asterdmhealthcare.com

Good Luck and Happy Walking!