



A SYSTEM OFFICE WELLNESS PROGRAM

Participant Guidelines

UI Stride is designed to encourage employees of University of Illinois System Office departments and units to get active and fit, connect with their System colleagues, and be part of an inclusive and vital community. This self-paced challenge is a fun, easy way to engage in friendly competition with other departments.

LOGISTICS

Here's how it works: Departments and units will form teams consisting of any System Office employee who wants to participate. Participants will perform physical activities of their choice, and will enter their steps into our online tracking system. Minutes of activity can be converted to steps. The tracking system will total and average each department/unit team's steps automatically. The department or unit with the highest average steps at the end of the challenge wins UI Stride trophy! This challenge is meant to be convenient and open to people of all fitness levels. Employees can participate at their own pace, time and location. All participants in UI Stride will receive a t-shirt with the UI Stride logo.

When: Monday, October 21 – Saturday, November 30

Who: Any employee of the University of Illinois System Office

Cost: FREE

Program Goal: Develop or continue to build a habit of being physically active among System Office employees.

******Before starting any physical activity, please consult with your primary care physician******

REGISTRATION

Use the following instructions to register for UI Stride:

- Go to <https://go.uillinois.edu/UIStride>
- Registration will open on Monday, October 14 and remain open through 12:00 pm on Friday, October 25.
- Use your NetID and password to enter the registration system.
- Answer a few questions.
- Select the department/unit you are representing and are affiliated with.
- If your department/unit is not shown, please contact the [System Office Wellness Committee](#).

SYSTEM OFFICE WELLNESS

<https://www.hr.uillinois.edu/employeedevelopment/sowellness> | Email: sowellness@uillinois.edu

- You will receive a message that you have successfully registered. You will be all set to start the challenge on October 21, 2019.

PARTICIPATION

Participating is easy! Here's what you can do:

- The challenge starts on Monday, October 21 and you simply do whatever physical activity you want to do, whenever you can.
- Physical activity can be done at work (*during breaks or with supervisor permission*) or on personal time.
- Physical activity should be done at your own pace! This challenge is great for people of all fitness levels. Both moderate and vigorous activities count toward your progress.
- You can vary the types of physical activity you do. You are not limited to one activity!
- You can accumulate activity throughout the day – you don't have to do your activity all at once.
- To get credit for your activity you will track your activity as often as you can but at least once a week (*see the tracking section for details*).
- Team progress is calculated as an average of all team members. That way teams of varying sizes can compete fairly.

TRACKING

Here's how to track your progress:

- Login to <https://go.uillinois.edu/UIStride> with your NetID and Password.
- Select your department/unit.
- Enter the number of steps you achieved for each day of the week that you were active. If you have been keeping track of minutes, check the activity chart to decide whether your activity was moderate or vigorous. Enter steps using this formula:
 - Moderate activities (e.g. walking): 17 minutes = xx steps
 - Vigorous activities (e.g. running): 12 minutes = xx steps
- Track as often as you want (we encourage you to track often!). Be sure to track your week's activity by the following Monday at 12 midnight. The system resets at this time and you will not be able to go back and track any previous weeks' activity. **No exceptions!**
- Your steps will automatically be added to your department/unit's overall steps.

SUPPORT

Here's what we'll provide to make the challenge fun and support your efforts:

- **Tracking:** Online tracking system to enter your physical activity.
- **Leader board:** Every week the leaderboard will be updated to show each department/unit's progress and position.
- **Recognition:** The department/unit with the highest average number of steps will win the competition trophy and have bragging rights for the challenge!

The System Office Wellness Committee wants to make this as fun and easy as possible for you. Let us know if you have questions or if we can provide information and resources. Contact us at sowellness@uillinois.edu.

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