



# Spring Into Motion™

Inspire participants to get out and get moving.

**SPRING INTO MOTION** is an eight-week physical activity challenge encouraging participants to move more—and have fun as they virtually visit spring events around the world.

## Client Benefits



- **Easy to implement.** Spring Into Motion is an online challenge on our platform. Single sign-on verifies participant eligibility, and no on-site staff is needed to manage the challenge.
- **Simple to promote.** Turn-key digital and print promotional materials to match your company branding.
- **Supports wellness.** Participants enjoy the physical and mental health benefits of outdoor physical activities as they build lasting exercise habits.

## Participant Benefits



- **Daily support.** Participants receive tips, healthy recipes and informative articles, as well as access to an interactive message board, to help keep them engaged and motivated.
- **Rewarding.** Each time a participant tracks 30-60 minutes of exercise or walks 6,000-10,000 steps, they'll explore new and exciting international spring events that make their virtual journey come alive.
- **Social and friendly competition.** Participants may start or join a team for an optional, friendly competition that emphasizes consistency over athleticism, builds support and boosts motivation.

# Spring Into Motion

## What you need to know

- Spring Into Motion encourages participants to get outdoors and take advantage of the longer daylight and warmer temps of spring as they build lasting exercise habits.
- A mobile app is available as a companion to the online challenge to log activity, view progress, check team status, share healthy recipes and more.
- Optional Fitbit® integration is available for automatic activity tracking.
- MapWalk™ is available to make creating and sharing walking routes easy and fun.

## Sample timeline

- **Eight weeks before launch:** HealthFitness coordinates website configuration, branding and implementation.
- **Two to three weeks before program start date:** Promotion, registration and team sign-ups begin.
- **Weeks one to eight:** Participants record exercise activities to explore spring events from all over the world.
- **Post-program:** Participants complete the post-program survey. HealthFitness tabulates results and provides summary report 30 days after program completion.

## Add to your wellness programs

Contact your HealthFitness representative to add Spring Into Motion to your wellness programming.

## About HealthFitness

HealthFitness, a Trustmark company, is an award-winning, URAC- and NCQA-accredited provider of health management, corporate fitness and condition management solutions. With nearly 40 years of experience, HealthFitness is a proven leader and partner for infusing a culture of health. We maximize client results through personalized interaction and a science-based approach to on-site program management, engagement and prevention. Parent company Trustmark provides a full spectrum of employee benefits to improve well-being through better health and greater financial security. For more information on HealthFitness, visit [www.healthfitness.com](http://www.healthfitness.com).



Spring Into Motion is a trademark of Health Enhancement Systems.  
Fitbit is a registered trademark and service mark of Fitbit, Inc.  
MapWalk is a trademark of Health Enhancement Systems.