

In the time it takes to watch one TV show... you could be enjoying an activity that helps you feel better and lengthens your life.



Join the **One Show Challenge!**

This challenge is open to all state employees and members of the State Group Insurance Program.



**Sign up for the challenge between July 15th and July 29th.
The challenge will run from July 22nd through August 31th.**

How the challenge works:

During the six weeks of the challenge, your goal is to log 150 minutes of physical activity per week. (That's the same as five 30-minute TV shows.) Any activity counts. Be sure to track your activity in your Exercise Tracker (found in your Well-Being Plan).

To get started:

1. Go to www.partnersforhealthtn.gov and click on the "MY WELLNESS LOGIN" button.
2. Sign in to your Well-Being Account.*
3. In your account, click on the **Groups & Challenges** tab.
4. Select the **One Show Physical Activity Challenge**.
5. Click **Join This Challenge**.
6. Set up your Exercise Tracker with a goal of 150 minutes per week. Then, track your exercise each week.

** If you haven't already, create your new well-being account, complete the Well-Being Assessment and set-up your Well-Being Plan.*

Did you know?

Americans spend almost a full week watching TV.¹ And all that sitting still is making America ill. Healthy things can happen when you're active: like adding two years of life expectancy for every one hour of regular, vigorous activity.²

Sources: 1 Nielsen, 2 American Heart Association

www.partnersforhealthtn.gov • partnersforhealth@healthways.com • 1.888.741.3390



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