

2016 Get Fit Wellness Incentive

To meet the qualifications for completion, employees or covered spouse/domestic partner must participate in moderate intensity physical activity at least three days a week for a total of 110 minutes per week for eight consecutive weeks. Weekly physical activity is recorded and entered once a week using the Get Fit site.



How do I get started?

- Register at [Get Fit Registration](#).
- You will be emailed the Get Fit tracking tool.
- Enjoy some moderate intensity physical activity!

What is moderate intensity activity?

Moderate intensity activity causes a noticeable increase in your heart rate and breathing rate. You may sweat, but you are still able to carry on a conversation. You can talk, but you can't sing. For more info, see [Measuring Physical Activity](#) and [How Much Physical Activity do Adults Need?](#)

When does Get Fit start?

You can start it any time during the year. In order to complete all eight weeks to earn the incentive, **the latest you can start is October 25, 2016.**

How do I qualify for the Get Fit wellness incentive?

To qualify for the incentive you must complete all of the following criteria:

- Your physical activity should be done at least 3 days a week (every 7 days) for 8 consecutive weeks.
- The week starts on Monday and ends on Sunday. **Pre-entering activity will not be accepted.**
- Physical activity is entered into the Get Fit site weekly on Sunday with a two-day grace period.
- The last day to enter the previous week's activity is Tuesday.
- Each week you will be asked to journal about how the physical activity has benefited you or been a challenge to your daily lifestyle.

How do I submit my weekly minutes and activities?

It is done electronically. On your tracking spreadsheet, there is a link at the end of each week's row to submit your Get Fit information. Weekly entries can be completed from any computer or smartphone.

What do I put in the "activity type" field?

There is limited space to enter so examples would be: cardio, bike, elliptical, jog, spin, Pilates, martial arts, circuit, aerobics, weights, or walk.

Where do I add the journal entry?

You will be asked to add it when you electronically enter your weekly total. The link to enter for each week is on the Excel spreadsheet. It is in the last column titled *Get Fit Entry*.

Should I consult my doctor?

Yes – talk with your doctor before beginning any new physical activity programs. Start slowly and gradually increase your intensity and duration over time. Overdoing it when you first start can lead to injury. See [Getting Started with Physical Activity](#).

Can I complete the Get Fit incentive more than once?

If you start and you do not successfully complete the program, you can start over and complete eight consecutive weeks. You are more than welcome to keep using the tool to track your activity. However, employees and their spouse/domestic partner are eligible only once per calendar year to earn the incentive.