How to Join Move More Challenge

1. Join Healthy Emory Connect
   Go to healthy.emory.edu/connect to join this new platform. You must join Healthy Emory Connect to participate in the 2018 Move More Challenge.

2. Connect your favorite device
   Participate in the Move More Challenge with a number of physical activity tracking devices including Fitbit, Apple Watch, Garmin, and more.

3. Register for Move More
   Anytime between February 12 and March 5, on Healthy Emory Connect. Look for Move More Challenge on the home page or under "Challenges."

4. Create or Join a Team
   Participants will work in teams of up to 10 people to complete the challenge. Join a team or create your own!

5. Start Moving!
   Begin moving to earn points, become eligible for blue and gold tier prizes, and join our journey to health and well-being!

Learn more at emory.edu/movemore