



CORPORATE CHALLENGE

PRESENTED BY Elevance Health

MOVEMENT CHALLENGE

Starting Monday, June 15 at 5 AM, all participants in the Corporate Challenge presented by Elevance Health can compete in the virtual Movement Challenge. No separate registration is required! If you're already a Corporate Challenge participant, you're eligible to take part and earn points for your team.

Log your miles on [Runsignup.com](https://runsignup.com) from Monday, June 15 at 5 AM through Thursday, June 25 at 11:59 PM. Miles can include running, walking, hiking or jogging.

For step-by-step instructions on how to enter your miles, [click here](#).

LOG MOVEMENT CHALLENGE MILES

If you complete an activity that does not naturally track miles, such as cycling, yoga or other non-step-based activities, please use [the conversion calculator](#), provided by our friends at E-Gineering, Inc., before logging your Movement Challenge miles. These activities should not be entered based on face value distance or time alone.

[View this example to see how the calculator works.](#)

Teams can earn 300 points by reaching their division's mileage milestone, and participants who reach individual milestones will be entered into a prize drawing at the conclusion of the Challenge.

Milestones that must be reached to earn points for your team are as follows:

- Division 1: 500 miles
- Division 2: 1,000 miles
- Division 3: 1,500 miles
- Division 4: 2,000 miles

Reminder: Participants do not need to re-register to compete in the Movement Challenge and can log miles each day from Monday, June 15 through Thursday, June 25.

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