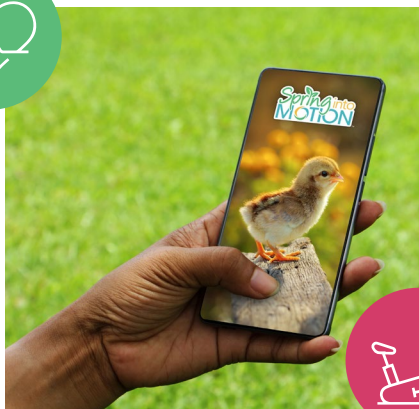


# ON THE GO!



## JOIN THE SPRING INTO MOTION™ ONLINE CHALLENGE TODAY!

It's a great time of year to get outside and Spring into Motion™. This physical activity program is a fun and inspiring way to move more. Whether you hike a mountain or jog around the block, you choose the activity as you discover something new about spring each week. Use your favorite activities, such as yoga, cycling, or hiking to earn daily points.

### POINT BREAKDOWN

#### Challenge Goal: Earn 60 points

- 6,000-7,999 steps = 3 points
- 8,000-9,999 steps = 4 points
- 10,000+ steps = 5 points

**Challenge Dates: April 7 – May 4, 2025**

**Registration Ends: April 16**

[CLICK HERE TO REGISTER](#)

Participants who earn 60 points or more will be entered into a drawing for prizes! See next page for more details.

All College of Marin employees are eligible to participate in the Spring into Motion™ Challenge.

You can track your progress on the Spring into Motion™ website or mobile app! Device integration is available through Fitbit, Apple Health, and more! Once you register, you can connect your tracker for easy syncing and tracking. Make sure to wear your device throughout the day to count your steps. If you do not have a tracker, you can use the Steps Converter tool to enter the activity and minutes and convert to steps. Please do not double log steps (Example: If you go for a walk with your tracker on, do not also use the activity converter to count the walking as well.)

There is a 7-day backlogging limit. You will not be able to backlog steps and activities after 7 days. Please keep up with the challenge as it's going on in the month of April.

The Spring into Motion Challenge is sponsored by the  
COM Wellness Program.

**MARIN**  
COLLEGE OF MARIN

Join the COM Spring into Motion™ Challenge! Log all your activity and steps throughout April 7 - May 4, 2025. Check out the many ways you can earn prizes. You can compete as an individual and/or join a team!

## SPRING INTO MOTION™ CHALLENGE REWARDS

Incentive Category	Action required by Participant	Awards
<b>Team Competition - Grand Prize!</b> (Top 2 teams)	Be on one of the Top 2 Teams with the most points (and steps in the event of a tie). Teams must be a minimum of 4 and maximum of 6 members to qualify for the team prizes.	<b>\$50 Snappy Gift Prize</b> (each team member will receive prize)
<b>Team Competition Drawing</b> (2 teams randomly selected)	Teams outside of the Top 2 Teams who reach an average of 60 points or more will be entered into the Drawing.	<b>\$25 Snappy Gift Prize</b> (each team member will receive prize)
<b>Individual Participation – Grand Prize Drawing!</b> (10 participants randomly selected)	Earn 60 Points to be entered into Grand Prize drawing!	<b>\$50 Snappy Gift Prize</b>
<b>Individual Participation Drawing</b> (10 participants randomly selected)	Earn 60 Points to successfully complete the challenge.	<b>\$25 Snappy Gift Prize</b>
<b>Complete the Evaluation</b> (3 participants randomly selected)	Complete the evaluation at the end of the program.	<b>\$25 Snappy Gift Prize</b>
<ul style="list-style-type: none"> <li>• 43 prizes total!</li> <li>• 1 prize per person to allow for more winners.</li> </ul>		



Questions? Contact Mariah Caracoza (Wellness Program Consultant)  
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