

The graphic features the title 'Hustle AND Bustle' in a white, cursive font, centered within a white rectangular frame. The background is a dark wood-grain texture. To the left of the frame is a white smartphone displaying a fitness app with a heart icon and a bar chart. To the right is a pair of blue and green sneakers. The entire graphic is set against a red background that forms the top banner of the page.

Hustle AND Bustle

January 13 -February 9
Registration: January 6 - January 20

About the Challenge

It's easy to get overwhelmed by an overstuffed schedule and forget to make time for exercise - but that's where Hustle and Bustle comes in. This four-week challenge is designed to help you carve out time to work out and to guide you to resources that can reduce your daily stress. To participate, you'll track your activity minutes and complete a brief meditation each day.

Weekly Topics

- **Week 1:** Dip Your Toe in the Meditation Pool
- **Week 2:** Deep Listening Brings You in Tune with Your Surroundings
- **Week 3:** Hello, Me: Body Awareness Meditation
- **Week 4:** Finding the Perfect Meditation Program for You

How to Participate

- Track your daily activity minutes.
- Complete a daily meditation, then check "I Did This" on your challenge to-do list.

Rewards

- Registration prize raffle
- Week 2 participation prize raffles
- End of challenge prize raffles

Challenge & Program Resources

- Weekly e-newsletters and recording reminders
- A database of workout videos, recipes and health-related articles
- Deals at your local grocery store
- A meal planner
- Optional activity, nutrition, weight, sleep and step tracking

How to Register

Go to bostonwellness.livehealthyignite.com

Returning Users

Click **SIGN-IN** in the upper right corner, enter your username and password, and click **Log In**. To join the challenge, start at step 5 of the New User instructions.

New User

1. Select **JOIN NOW**
2. Enter your Group Code: wellness2018.
3. Create your account by entering your name, email address, username, and password.
4. You'll receive a confirmation email; click the link to confirm your account information.
5. Log in to your account and complete your profile.
6. To enroll in the challenge, click **JOIN CHALLENGE** on your portal dashboard.

To Join a Team:

- Select **Find a Team** on the challenge page to join a team.
- You can find any invites you have received under **Invites** on the right side of the Find a Team page or in the notifications on your portal dashboard.
- You cannot be on more than one team. If you attempt to join multiple teams, you will be added to a team based on the first invitation or request that is accepted.
- If you know your team's name, you can search for the team you wish to join and select **JOIN TEAM**.

To Create a Team:

- If you create a team, you will become a Team Captain.
- Select **CREATE TEAM** on the challenge page or **CREATE A NEW TEAM** on the Assemble Your Team page and enter your team name.
- Select **Add Members** to invite teammates. Teams can have 2-10 members.
- Only team captains can add or remove team members.