



Judge Challenge April 2019

Supporting Employee Wellness Engaging Departments, Employees and Family



Powered by: HealthCode



April's Million Mile Month

THE ISSUE:

“Sitting is the new smoking”. One in three children and 70% of adults in the USA are overweight or obese, resulting in over \$190 billion in health care costs annually.

Million Mile Month[™] is an April challenge for people to be healthy, through a community-wide goal to complete one million miles of physical activity.

Travis County Judge Eckhardt issued a “**Judge Challenge**” to see which County can have the most active employees.

Williamson County Accepts the Challenge!

- Reinforces Wilco's Mission and Values.
- Motivates people to get active and healthy in a fun way.
- Engages people in a supportive community, focused on accomplishing a collective goal (1 million miles).
- Simple to administer, delivers metrics, no required fees.



Million Mile Month

MILLION MILE MONTH is a unique program that motivates people through:

- a month-long event , with year-round engagements – to help establish healthy habits and routines
- flexibility – participants log miles when and where it meets their schedule
- simple web tools – easy to log miles, mobile device compatible, syncs to Fitbit
- the ability to track personal and company progress and goals
- supports a variety of physical activities (running, biking, yoga, CrossFit...)



How MMM Works

1. LOGGING MILES - Personal Profile Page

At registration select WilCo, “Group” and enter personal mileage goal.

Each person has a personal profile to log their physical activity and track goals. Manual entry or sync up w/a tracker.

Your Progress
45.83 miles complete out of 150 mile goal

Will Lindow
Edit Profile

MY MILES 45.83
MY CALORIES 5,528
MY MINUTES 378.0
MY GOAL 150 Edit

MY CITY Austin

MY ORGANIZATION
Cyberways and Waterways

minutes - and/or - miles

Select Activity

April 10 2014

Save

Cancel

Title Sponsor
YOUR LOGO HERE

Date	Activity	Miles	
Apr 7	Running	3.85	X
Apr 6	Walking	0.5	X
Apr 5	Other (Crossfit, Yoga, Zumba, Paddleboarding, Group Class, etc.)	30.0	X
Apr 4	Other (Crossfit, Yoga, Zumba, Paddleboarding, Group Class, etc.)	1.25	X

2. Our Organization's Private Leaderboard

Each company receives their own “ORGANIZATION PAGE” (accessible only by its members).

The Leaderboard and stats sheet supports camaraderie, friendly competition within and between “Groups”, plus provides metrics.

MILLION MILES MONTH

About SOCIALize Get Involved Leaderboards

Store Prizes

My Profiles Logout

COMPANY XYZ

Total Miles: 18930

Download All from this Organization

Name	Progress	% Towards Goal	Miles
Justin Aicka	<div style="width: 75%;"></div>	75%	159.0
Lincoln McGuire	<div style="width: 88%;"></div>	88%	142.6
Irene Den	<div style="width: 50%;"></div>	50%	137.08
Lauren Lew	<div style="width: 65%;"></div>	65%	107.75

PUBLIC LEADERBOARDS

Leaderboards provide recognition and friendly competition between states, cities, and organizations. [Click to see](#) Million Mile Month 2018.

Plus, a real time ticker, showing total miles.

M³

CALORIES BURNED
39,412,542

MILES
481,867

MINUTES OF ACTIVITY
4,786,275

ON-GOING ENGAGEMENT

Participants are engaged through social media and periodic e-letters.



LEADERBOARDS

TOP CITIES	TOP ORGANIZATIONS	TOP PEOPLE
1. Austin - 131,704	1. Fort Bend ISD - 188,404	1. Jordan Marlow - 2,826
2. Missouri City - 77,448	2. Texas Beef Council - 33,390	2. marcella de la rosa - 2,723
3. Sugar Land - 50,619	3. Texas Association of Student Councils (TASC) - 27,440	3. Elkins Football - 2,082
4. Houston - 49,238	4. Ann Richards School - 24,574	4. Sergio Ramirez - 2,001
5. Richmond - 19,592	5. City of Austin - 22,495	5. kerl vo - 1,800
6. Keller - 12,626	6. Texas A&M Univ. - 18,812	6. linda sanchez - 1,800
7. College Station - 12,281	7. Sysco - 18,478	7. Elkins VarsityBaseball - 1,767
8. San Antonio - 9,161	8. Austin Parks and Rec - 12,540	8. Andrea cobar - 1,619
9. Katy - 6,404		9. Jeremy Hogan - 1,569
10. M...		

HOUSTON'S HEALTHY ALL-STARS

presented by BlueCross BlueShield of Texas

KIDS (UNDER 12)	TEENS (12 - 18)	BIG KIDS AKA ADULTS (OVER 18)	TOP ORGANIZATIONS
1. Jake Stocks - 823	1. Elkins Football - 2,082	1. marcella de la rosa - 2,723	1. Fort Bend ISD - 168,194
2. Kyle Kulow - 720	2. Elkins VarsityBaseball - 1,767	2. kerl vo - 1,800	2. Sysco - 10,560
3. Astros Orbit - 302	3. Andrea cobar - 1,619	3. Jeremy Hogan - 1,569	3. Houston Astros - 7,112
4. Katelyn Kulow - 293	4. Bria Mills - 1,500	4. Joyce Baysinger - 1,561	4. Texas Beef Council - 5,737
5. Josiah Ibarra - 222	5. Chinenye Ogbonnah - 1,370	5. Ashley Weaver - 1,380	5. Texas Association of Student Councils (TASC) - 3,572
6. chiboy ezeani - 200	6. Antrone Fields - 1,300	6. Ada Richardson - 1,313	6. Blue Cross and Blue Shield of Texas - 1,992
7. Josiah Akpan - 180	7. Elkins JVBaseball - 1,138	7. Vincent Norman - 1,151	7. Toyota - 1,588
8. Josie Owens - 170	8. Elkins SophBaseball - 1,083	8. Thomas Negri - 1,086	
9. Vansh Pandya - 161	9. Elkins GirlsBasketball	9. Julie Tigert - 1,040	
10. Isaac Dinari - 160		10. Don Fess - 1,011	

Million Mile Month
Posted by Shanti Grossman [?] · April 26 at 8:09am · 📍

We have some early morning risers who helped us meet our 250,000 mile MILEstone. Which means prizes, prizes, prizes!
Margaret Valenti will be receiving a black Fitbit Flex from Fitbit.

Like · Comment · Share

THANK YOU

The event could not have been possible without the support of our sponsors.

Thank you!

BlueCross BlueShield of Texas

SILICON LABS

OUTLETT

PRIZES: Lots of awesome prizes still coming including a Stand Up Paddleboard Package (SUP, ATX), a one-week, camp session (Camp Cha-Yeh), Bluetooth heart rate monitors (Walrus Fitness), a Houston Astros VIP Game Experience, HDGO seats (Focal Upright Furniture), massages (Marta Massage), gift cards from My Fit Foods, REI, Whole Foods, HDVR, and many more prizes. Check out the entire list of prizes at [http://bit.ly/1888888](#).

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[See brief intro video](#)

Williamson County - Next Steps

- Department Head/Elected Official should Identify Wellness Champion for each Department:
- Submit Wellness Champion Name to, Shelley Loughrey, Director of Benefits by email sloughrey@wilco.org by February 8th, 2019
- Wellness Champion attend Kick Off Meeting to be scheduled sometime during the week of February 19th – 22nd

Williamson County – Engage

Wellness Champion's Role:

- Encourage Activity within their department
- Assist team members on how to register for April Million Mile Month
- Set departmental goals
- Communicate key dates
- Communicate scheduled activities
- Monday Login and Record miles achieved

Williamson County – Achieve

- What's our goal to achieve, beat Travis County, Judge Eckhart's Team
- Equates to 3.5 miles per person, per week
- Family members may register under Williamson County and the employees Department

HealthCode™



[HealthCode™](#), a 501c3 nonprofit, *promotes health to prevent disease* so everyone can *enjoy the benefits of a healthier, happier life*. HealthCode helps address chronic disease, by focusing on **physical activity, nutrition, the environment, and community** connections.

Quarterly Global Activity [Events](#) Include:



January



April



July



October



2 min [Video](#) on
Why and How

