

Salve's 2018 Cardio Challenge



This five-week TEAM-based challenge begins on **April 9th** and ends on **May 13th**. Registration begins on **March 1st**. Deadline to register is **April 11th**.

How to Participate?

Step 1

- Registering is easy. Click [HERE](#) to get started.
- If you have **previously registered** for one of Salve's past challenges on this platform, click on the *Login* option and join the challenge by selecting a challenge conference.
- If you have not previously participated in a challenge, select the *Create an Account* option and follow the steps to sign up and then join a challenge conference.

Step 2

- Once you've joined the challenge using the link above, all future logins to record activity should be done through this link: <https://tuftshealthplan.dailyendorphin.com/de/login>. (Bookmark it!)
- On the start date of the challenge (Apr. 9), you can begin entering the number of minutes you exercise each day through the *Exercise* tab below the date near the top of the screen. Select the exercise type and then enter the minutes. You can also select the Calendar icon or the *Week Log* option to enter minutes for previous days.

Participation Rules

1. The deadline to sign up is Apr. 11.
2. Each team must choose a team name, select a team captain and should have between 3 and 5 members.
3. Each team member must complete/submit the participation [consent form](#) to their team captain by Wed., April 11 (Team captains must provide all consent forms to HR).
4. Team members must record their fitness **minutes** in **Daily Endorphin** each day or at least once a week (via the week log in your user dashboard or calendar icon in the "My Log" area).
5. To be eligible for team prizes, participants must complete the entire 5-week program.

Other Notes

- A celebration luncheon will be held on Tuesday, May 15. (Mark your calendars!)
- Prizes will be awarded to the winning team in each conference.
- Details on synching devices can be found in the Daily Endorphin [User FAQ](#)

Have FUN and get creative! This is all about your physical well-being AND connecting with your colleagues and family! Grab a coworker and go for a brief walk. Have a walking meeting. Enjoy the journey of improving your physical and social health.

Contact Nancy Escher at ext. 2157 or nancy.escher@salve.edu with any questions.