



Registration Opens:
March 18

GET READY FOR THE NEXT TEAM CHALLENGE:

FOOD AROUND

THE GLOBE

April 1 – April 30

GET YOUR TASTE BUDS READY

You'll channel your inner globetrotter in this challenge. Along the way, try new, international recipes, and earn bragging rights!

Visit the mobile app or
join.virginpulse.com/stateofohio





Description

You're about to begin a global journey in search of the perfect (and healthy) dish. As you add up steps, try recipes that'll give you the stamina to finish well. At each stop, check out local cuisine and try simple recipes you can make at home. Then bring your dish into work for a taste test.

Important Dates

- This challenge starts on **Apr 01, 12 am**, and ends on **Apr 30, 11:59 pm**.
- The last chance to upload your steps is **May 03, 11:59 pm**. Steps uploaded after this date won't be counted in the final results. Try uploading daily—it's more

Teams

- Teams can have up to **8 participants**.
- You can join an existing team or create a new team. It's up to you!
- Teams can be public or private. If you choose to make your team public then anyone can join!
- Either way, try to have a **full team of 8** to maximize your steps.

Scores

- Team scores are based on **total team steps**.
- The more steps your team gets, the better your score.
- To contribute to your team score, upload steps from a fitness tracker or app.
- You can get credit for a maximum of **30,000 steps per day** (so aim high)!
- The team with the **most steps** at the end of the challenge wins bragging rights!



Challenge your
spouse to join
too!



Destinations

- As you go, try to unlock each **destination** with your team.
- If you unlock all the destinations before the challenge ends, keep walking. Another team could still pass you on the **Challenge Leaderboard**.

Good To Know

- You can join the challenge from March 18 - April 30. However, if you leave the challenge, the only way to re-join, is if you do so prior to April 1 - before the challenge officially begins.

- Participant names and step counts may be shared with other challenge participants and administrators.

- You have up to 14 days to go back and enter steps prior to the upload deadline. Skip the heartache—join before the challenge starts and track daily!



ISRAELI SALAD

In Israel, no meal is complete without 'salatim' or a small salad. This quick, easy, vegan, and gluten-free salad is the perfect light and nutritious side dish to any meal or barbecue.



Let's Travel the Globe! |



SPANAKOPITA



LOOBIA POLO
(Rice with Green Beans)

OYAKODON

(CHICKEN, EGG, AND RICE BOWL)

Oyakodon literally means “parent and child rice bowl.” Its main ingredients are chicken and eggs — so, the parent-child reference was born. Super popular in Japan, this dish is low-calorie, low-fat, and packed with healthy proteins. Plus, it’s budget-friendly and easy to make!



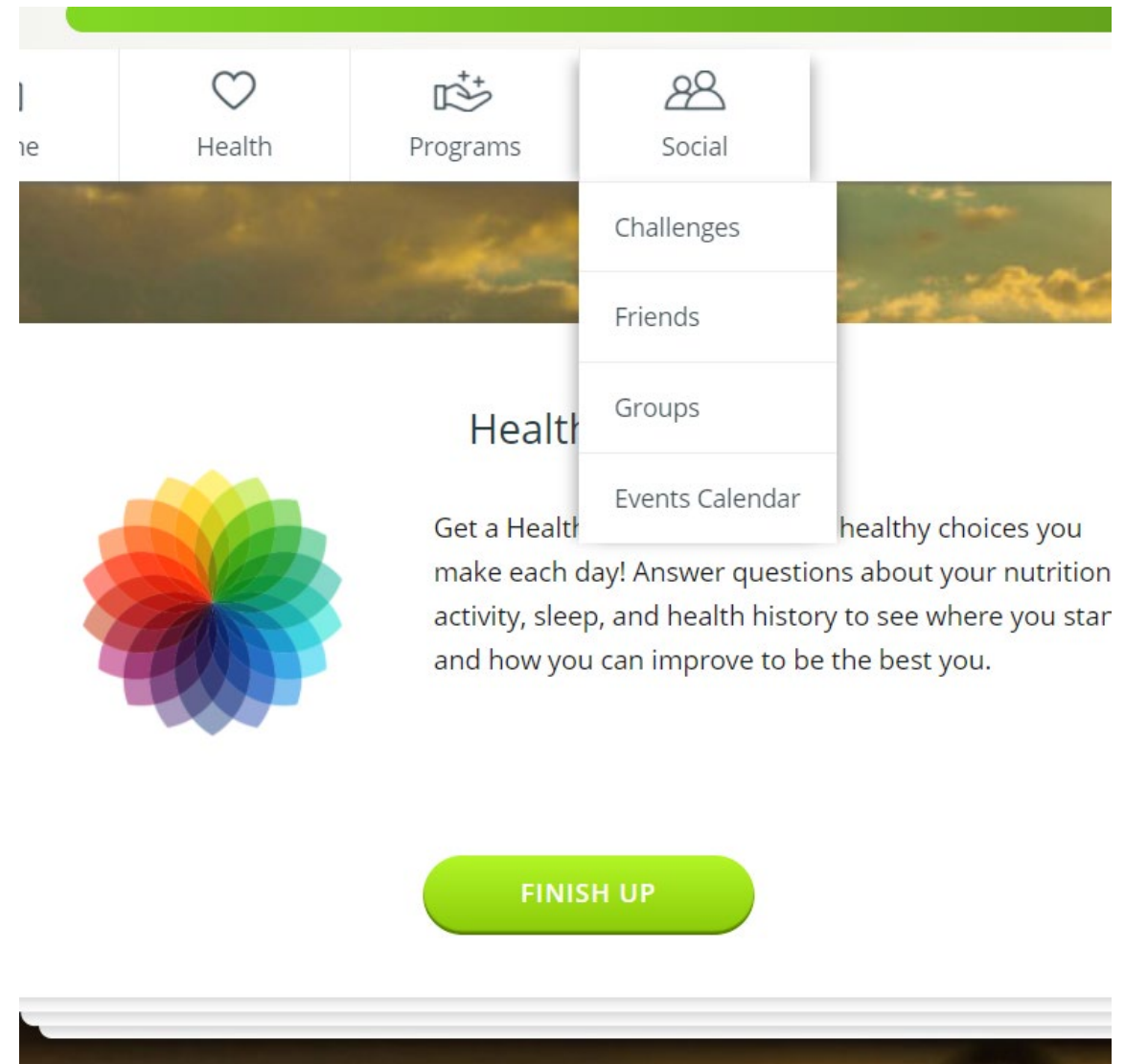


ROMANIAN VEGETABLE STEW

This stew is rich in history (and in flavor). Centuries ago, self-sufficient Orthodox monks set up their monasteries and made recipes based on the crops they grew. As a result, Romanian vegetable stew symbolizes a simple, farm-to-table approach to making food.

How to Register

- Go to das.ohio.gov/wellness then click on **The Hub**
- Log in with your Virgin pulse credentials OR sign-up with your information how it is listed in OAKS
- Once logged in, you will see **Social** on the top toolbar, click on **Challenges**
- Food Around the Globe will be listed, and you can click **Join Now**
- From there, you can join a team that is already created or create your own team





Connect your favorite **devices & apps**

Virgin Pulse's health and wellbeing program works with the best fitness tracking devices and mobile apps in the market. Take a look at the brands we've partnered with to help you be successful and have fun getting healthier!

Step 1

Download the Virgin Pulse mobile app from the App Store or Google Play.

Step 2

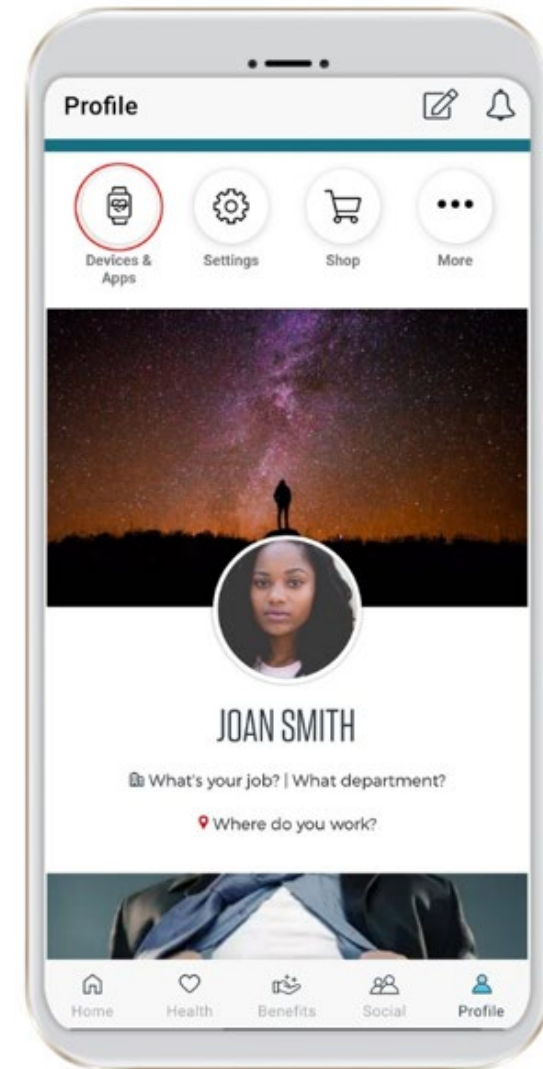
Go to **Profile** in the menu and choose **Devices & Apps**.

Step 3

Choose an app and click **"Connect."**

Step 4

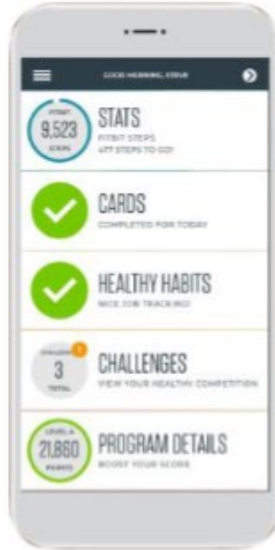
Sign in or get connected automatically (depending on the app).



Use the free mobile app to:

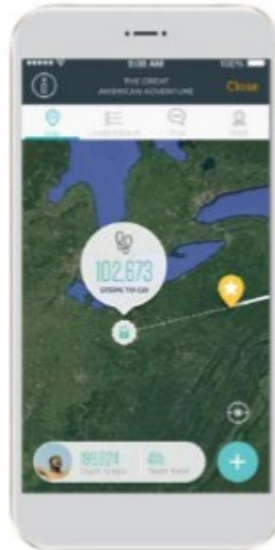
Track progress

- Track your steps and other activities.
- Check your progress and milestones.
- Track rewards.
- Track healthy habits.



Compete in challenges

Check your progress in a challenge by using team and individual leaderboards.



Get healthy tips from cards

Read, complete, and share your daily cards to explore new ways to get healthier — and earn rewards!

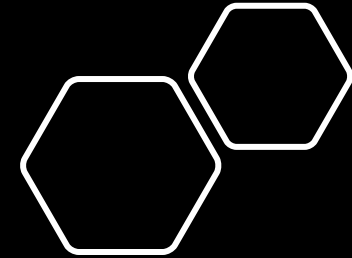


Sync* your steps

- Automatically sync information from your activity tracker to your app— and earn even more!
- No fitness tracker? Use the app to track your steps.
- You can also sync your activity using other compatible devices and apps.



*Syncing is the simple process of uploading information from your fitness tracker to the mobile app, so it's all in one place.



Support



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