GET READY FOR THE NEXT TEAM CHALLENGE:

# WALK THE WONDERS

Feb.1 - Feb.28

TAKE CHARGE
LIVE WELL

# Description

Ever dreamed of climbing Machu Picchu? Or roaming along the Great Wall of China? Well, globe trotters — this challenge is for you. Gather a team, boost your steps, and explore the New 7 Wonders of the World together.

# Important Dates

**Dates**

- This challenge starts on **Feb 01, 12 am,** and ends on **Feb 28**, **11:59 pm.**
- The last chance to upload your steps is **Mar 03, 11:59 pm**. Steps uploaded after this date won't be counted in the final results. Try uploading daily—it's more fun!

# 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.

Challenge your spouse to join too!

# 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!

# 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 Jan. 18 - Feb. 27. However, if you leave the challenge, the only way to re-join, is if you do so prior to Jan. 31 - 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!

# Start here

**Lisbon**

Prepare yourself for the adventure of a lifetime!
You're standing on the starting line in Lisbon, Portugal, where the New 7 Wonders of the World were announced on July 7, 2007 (07.07.07). As you can see,
the date certainly stands out on the calendar — and will be easily remembered for years to come.

**The Roman Colosseum**

When in Rome, do as the Romans do and
visit the oldest New Wonder. Rome's Colosseum opened in 80 AD with 100 days of battles and plays — which were all free! It's believed approximately 50,000 spectators could fit into the stadium to watch the entertainment.

**Petra**

Welcome to Petra, which literally means “rock” in Greek. The lost city was elaborately carved into the surrounding cliffs 2,000 years ago, serving as the capital of the Nabataean Empire between 400 BC and AD 106. With elaborate water supplies in the middle of the desert, the city was a thriving trading post for merchants peddling their wares.

**The Taj Mahal**

The Taj Mahal makes the bucket list of the most avid travelers around the world. This is one destination where photos can’t capture the location’s true beauty. Three million visitors each year come to admire the Taj Mahal — and to learn of the beautiful tale of love and woe behind it.

- **Chichén Itzá**

You’ve made it all the way to Chichén Itzá in Mexico! Members of the ancient Mayan civilization lived here between AD 750 and 1250.

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- Even with all their technological know-how and universal knowledge, it’s believed the Mayans abandoned Chichén Itzá during the 1400s (or earlier). But no one really knows why. As you rack up your steps on this ancient site, maybe you can uncover some new wisdom? Remember — the truth is out there!

**The Great Wall of China**

You've made it to the Great Wall of China — the longest man-made structure in the world. It was widely believed that the wall could be seen from space with just the naked eye. But numerous astronauts, including China's Yang Liwei, have disproved this theory. Now the Great Wall stands before you, so you can see how grand it really is!

## Christ the Redeemer

Olá and welcome to Brazil! Your team has made it to Rio de Janeiro. Standing over this city with outstretched arms and a calming gaze is the art deco statue Cristo Redentor — or Christ the Redeemer. From this vantage point, it's certainly the best view of the heaving metropolis, as well as Guanabara Bay.

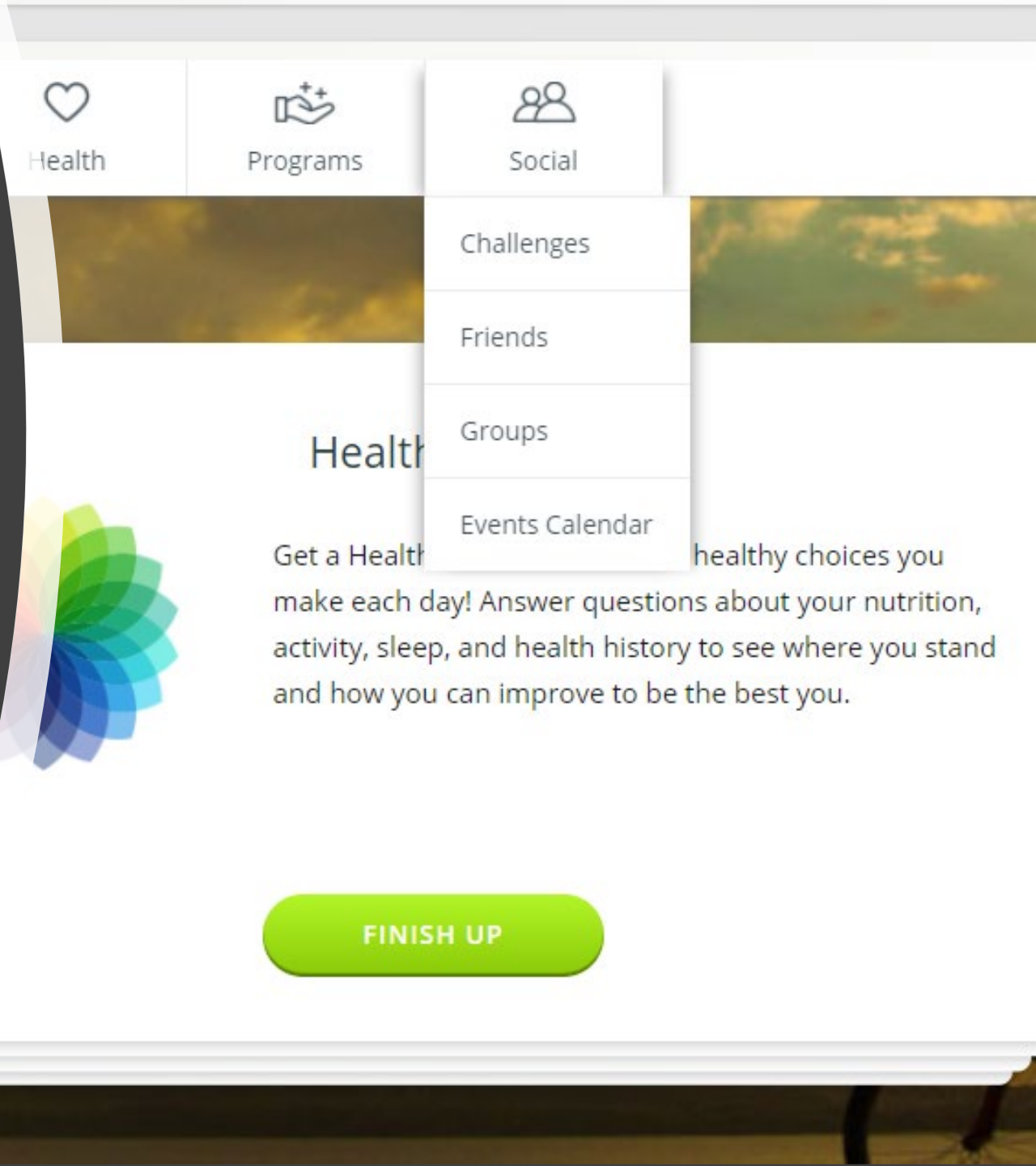
## Machu Picchu

Incredible work, team! You've made it to all New 7 World Wonders. The final wonder brings you to the astonishing ancient site in Peru's Andes Mountains: Machu Picchu.

Take your time exploring, get lost in the jungle, and be inspired by the ancient architecture around you. You earned an epic finish to a once-in-a-lifetime journey. Congratulations!

# 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”
- Walk the Wonders 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!



# Support

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