

Online Physical Activity Challenge:

Go Gold



NEW Summer Games Challenge!

Today's the day—[register for Go Gold!](#)

The Summer Games come around only every 4 years. Don't miss out — aim for bronze, silver, or gold medals while climbing the podium to better health and fitness. Experience the 2024 Summer Games with your work colleagues and household members. Yes, household members 13 years and above can participate!*

To celebrate the 2024 Olympics in Paris, Go Gold traces the international sports spectacle's evolution — from ancient Greeks through modern day.

Track steps with your favorite device and experience progress by exploring 7 distinct eras of Olympic competition. And you're not limited to walking; activities like swimming, cycling, and rowing (100+) automatically convert to steps so everyone can be part of Go Gold.

Register for Go Gold, then download the full feature mobile app to:

- Log activity anytime, anywhere
- Experience Olympic eras – 7 in all
- Give and get support on the Wellness Wall
- View and share delicious, nutritious recipes
- Connect with friends and teammates on the go

[Register today!](#)

How Does It Work?

Track steps with your favorite device and experience progress by exploring 7 distinct eras of Olympic competition. But you're not limited to walking; activities like swimming, cycling, rowing, and many others automatically convert to steps so everyone can be part of *Go Gold*.

What is the goal?

120 points for the 6-week program. Aim for 15 or more points each week.

- 6000-7999 steps = **3 points** (bronze)

- 8000-9999 steps = **4 points** (silver)
- 10,000+ steps = **5 points** (gold).

NOTE: You don't have to wear a tracking device to record steps. Enter exercise minutes, then *Go Gold* converts your minutes to steps (100+ activities to choose from).

Register Now!

Be sure to [sign up for *Go Gold*](#) by Monday, June 10.

“Winning doesn't always mean being first. Winning means you're doing better than you've done before” ~ Bonnie Blair ~ 5 time Gold medalist

With *Go Gold* everyone is a winner. You don't have to be an athlete to capture Summer Games spirit. Be inspired by the unifying power of sport.

Level Up is switching it up with the prizes. We want everyone to have an opportunity to win and remain engaged! We will award participants in the following categories:

- **Individual Competition Winners**
Apple iPad (Gold), Apple Watch (Silver) and \$250 gift card (Bronze)
- **Random Registration Drawing**
Two lucky participants will be drawn at random to win Apple AirPods Pro
- **Weekly Prizes**
A \$50 gift card will be awarded to one lucky participant each week
- **Team Prizes**
First team that reaches 90 points by the end of the challenge will win – each team member will win a \$50 gift card

*Household members are not eligible to receive incentives/prizes – only Prince George's County Government employees.

**Learn more about [Go Gold!](#)
The challenge begins on Monday, June 10!**

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