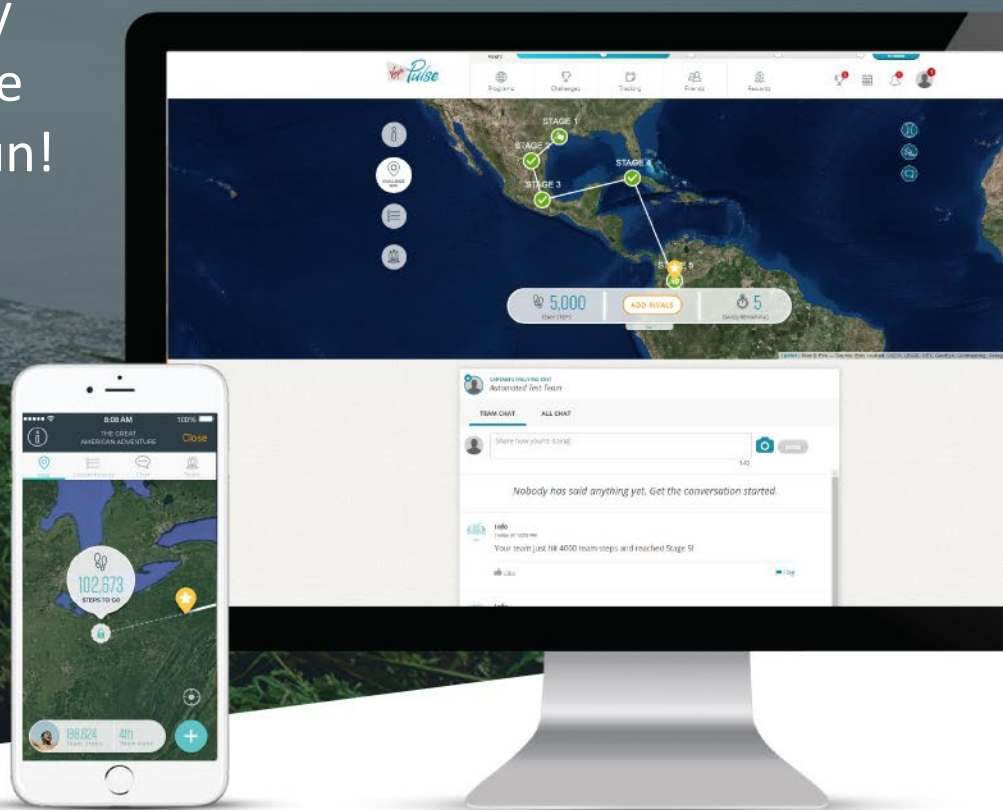


Virgin Pulse team challenges

Up for a little healthy competition? Join the challenge, join the fun!



Team challenges are a great way to get moving, see your progress, and have a blast with your coworkers. Get a team together and step it up. Accept the challenge — we know you've got it in you.

Get started Open the free mobile app or go to the website and click **Challenges** when your company is running a competition.

Don't have the app? Download it today from the App Store or on Google Play.

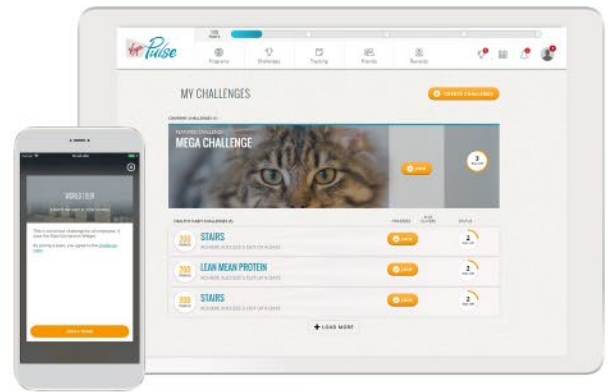


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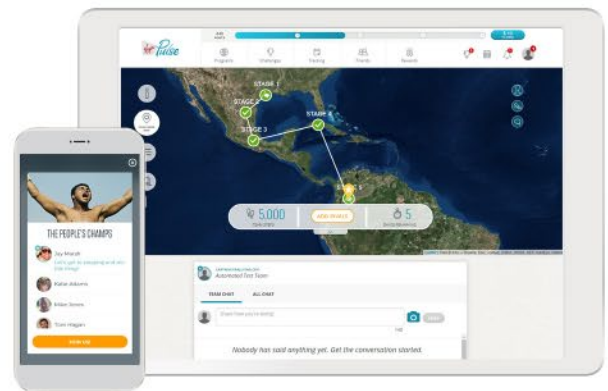
Challenge kickoff

You'll get a heads up about the challenge and a reminder to register just before kickoff. Now's a good time to prepare for your adventure!



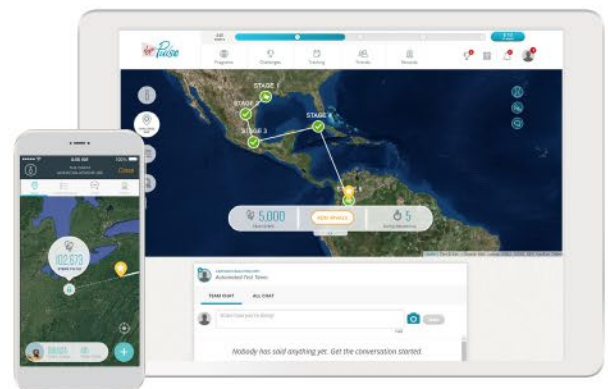
Team up

Join a team, or create your own and be the captain (you even get naming rights)! Invite your work friends to join you on your journey. Then follow your rivals to fire up the competition.



Get moving and stay connected

Make sure you've got your fitness tracker and mobile app connected. Then use the challenge chat to rev up your team and track your steps. Unlock different stages along the way, and learn a little something at each stop.



See how your team stacks up

Keep your eye on the overall challenge leaderboard to see how your team is doing against the competition and maybe even drop a little smack talk on your rivals (keep it friendly, please). Most importantly, have fun and connect with your coworkers!

