



Join Boston College's Fall Walk Across Campus!

The Fall edition of the "Walk Across Campus," (WAC) is right around the corner, and this semester, the WAC will continue to be housed on the IncentFit app! BC's WAC program has successfully promoted friendly competition while building solid camaraderie amongst peers throughout BC. Our beautiful campus offers many areas to enjoy taking steps. For instance, when leaving from the 129 Lake building, two loops around Chandler Pond equals two miles, as does completing one loop around the reservoir when you leave from the Margot Connell Recreation Center. We hope last semester's Team Leaders will return to lead their team and recruit even more participants!

October 1st through November 30th

Take steps every day toward your well-being! The objective is to take steps every day with the goal of moving towards a HEALTHIER YOU. We suggest aiming for 10,000 steps per day. If that is too high, try increasing from your current level, if able. If you exceed that already, terrific- aim higher! We hope to see you as we all Run, Roll, Cycle and Walk Across Campus!



How do I get started in the walking challenge?

Frequently asked questions

Which apps and devices are supported?

IncentFit syncs with many popular fitness trackers and mobile apps, some of which are free (see below).

To view the most up-to-date list, please visit the "All Apps & Devices" section of your IncentFit account. Examples of apps that are included: Apple Health, Fitbit, Google Fit, Samsung Health, Garmin Connect, iHealth, Map My Fitness, Map My Walk, Nike+ Run Club, RunKeeper, and Withings.

What if I don't have a smartphone?

If you have a mobile tracking device such as a Fitbit but do not have a smartphone, you can still sync that device through the IncentFit website.

What can I see in the IncentFit platform?

- Challenge rules
- Leaderboard
- Individuals on each team
- Steps and daily average
- Chat function

Who do I contact with questions about this challenge?

If you need assistance, please contact Living Well Support at LivingWellSupport@point32health.org or by phone at **(877) 594-7183**, Monday - Friday, 9 a.m. - 5 p.m. EST.