

# Trailblazer Trek

## Physical Activity Challenge



Challenge begins 6/16/2025 .  
Join by 6/15/2025 to participate.



Embark on this 4 week virtual adventure, where your daily physical activity helps your team explore diverse landscapes and uncover the wonders of the animal kingdom.

- **There is no "I" in "Team":** Every member's activity helps the team reach milestones together—no one is left behind.
- **Individual Achievement:** Your activity contributes to your personal daily goal and progress meter.
- **Have Fun:** Enjoy hitting your goals and committing to a healthier, more active lifestyle!

## Registration Is Open!

To Register: Log in at <https://portal.ramphealth.com> or download the Ramp Health app.



• Visit the "Challenges" section in the platform.



• **Join a Team:** Create a team, browse teams to join, or get on the waitlist. Teams range from 2 to 5 people.



• **Choose Your Activity Level:** Select low, medium, or high activity to set your personalized daily goal.



• **Connect a Tracker:** Link your step tracker before the challenge to start contributing immediately.



• **No Tracker?** No problem! You are still able to participate by logging your movement manually.

Earn 200 Platform Points toward your cash incentive, plus get entered to win one of 10 raffles! Prizes include a year at the UToledo Rec Center or 4 personal training sessions.

Every move you take is an opportunity to improve your well-being.

Questions? Contact [support@ramphealth.com](mailto:support@ramphealth.com) for assistance.