Keep on moving!

The 15-Day Dash challenged many of us to move more, and move the needle to a healthier, stronger life! Combined, our 11,000 participants logged more than 1.7 billion steps, enough to circle the earth 32 times!

Don't stop now! Even though cooler weather is here, there are plenty of opportunities to stay active.

Join a challenge any time

Step challenges are available through HumanaVitality and the HumanaVitality Mobile App. Earn 50 Vitality Points™ for joining a team, and 50 Vitality Points for participating in one step challenge per calendar month. Sign into your account and follow the steps below to join or create a team.

- Online: Hover over “Get Healthy” and click “My Challenges.”
  App: Join via the home screen, or tap menu and select “Challenges.”
  Search for your team, or create a team and tell your friends to sign up!
- Track your steps by connecting a compatible fitness device.
- View your progress via the “Challenges” leaderboard.

You can also create your own step or weight-loss challenge in the HumanaVitality App to challenge your friends and co-workers.

Look for our Spring step challenge

Did you miss the 15-Day Dash? We will have another step challenge this spring. Watch for it!

More ideas

Healthy fall activities
Staying active in any climate

How are you staying active?
Encourage others by sharing your story.

Visit LivingWell.ky.gov for all your wellness benefits.