

2023 Step Challenge –Sign up on Motivation Alliance TODAY!

DFAS Step Challenge

Are you looking for a way to kick off a healthy 2023? Look no more! Join us for the DFAS Step Challenge to get moving in the new year. The purpose of the DFAS Step Challenge is to provide the workforce with a fun opportunity to jump-start their physical activity. According to the NIH, “A goal of 10,000 steps a day is commonly cited, but recent studies have shown that health benefits accrue even if fewer than 10,000 steps are taken daily.” Overall, it is important to get started. This challenge is the perfect opportunity to gauge the number of steps you are currently taking, and gradually increase that number over time. In addition, adults who took 8,000 or more steps a day had an increased life expectancy than those who only walked 4,000 steps a day.”

Registration begins January 1, 2023 and closes January 15, 2023. Challenge dates are January 16, 2023 – February 12, 2023. Participants must have an account with Motivation Alliance to participate. To register visit : www.mhfwellnessportal.com

Once registered, the challenge will be accessible on the platform starting January 16. After logging in, you will be prompted to sign up for the challenge. Select Join Now! For additional information, access the step challenge guidelines here: <https://millenniumenterprises.net/dfas-step-challenge/>

Once you set up an account, visit <https://www.mhfwellnessportal.com/Tutorials.aspx> to learn more about synchronizing your wearable devices for the challenge.

Participants may reach out to Shayla Jones, Wellness Program Manager or your local wellness council POC with any questions.

Local Wellness Council Members:

Indianapolis: **Joshua Adams, Lora Clayborne**

Cleveland: **Mark Mikkola**

Columbus: **Kimberly Lafferty**

Rome: **Beth Evans, Kristen Szarek**

Limestone: **Kaitlin Bernaiche, Candyce Marsh**

Texarkana: **Cassie Anderson, Tiffany Clayton**

Mark Center: **Ana Fernandez**

Europe: **Sara Vanderwyst**

Japan: **Lynne Keith**

Motivation Alliance Wellness Portal

What is Motivation Alliance? Motivation Alliance is the health and wellness platform accessible at no cost to DFAS employees. It provides a wide variety of resources and tools supporting all dimensions of wellness to individualize your wellness journey. It addresses emotional, intellectual, physical, social, and spiritual wellness.

First thing is first, to create an account you must go to <https://www.mhfwellnessportal.com/> and click 'Not enrolled? Create account now. You will then set up an account and take a health risk assessment (HRA).

To see an overview of the HRA visit:

<https://dfasportal.dfas.mil/hr/wellness/Documents/Health%20Risk%20Assessment%20-%20DFAS.pdf>

To view sample questions of the HRA visit:

<https://dfasportal.dfas.mil/hr/wellness/Documents/HRA%20Questions.pdf>

The health risk assessment will improve your experience on the motivation alliance platform by curating your needs. Once you are on the platform, you will have a variety of information at your fingertips. At the top of the page, there is a news and announcements section. In this section, you will find all of the live classes available to you that month. This includes stretch classes, meditations, and fitness classes.

Portal Perks

More features on the platform:

- 9,900 recipes stored in the database
- Biometrics and Preventive care resource
- Connect with other members or professionals
- Educational health library, healthy recipes, interactive learning programs (ILPs)
- Gamification: milestones, kudos
- Log activities and sync devices
- Link to additional benefits/resources
- Mindfulness practices and Reflection Journal
- Mobile access (iOS and Android apps)
- Participate in challenges and programs
- Personalized dashboard
- Self-selected daily pursuits and interactive learning programs
- Track personal goals
- Reflection journal

Go Explore!

You may be familiar with motivation alliance because we host some of our DFAS wellness challenge on the website, for example: March Mayhem, and few of our DFAS Summer Wellness Challenges; however, we are encouraging employees to check out **ALL** of the other features available. The best way to learn about everything available is to create an account and explore for yourself. If you have any questions, do not hesitate to reach out to Kathleen Zumbar Kzumbar@millenniumhealthandfitness.com

Source: [Number of steps per day more important than step intensity | National Institutes of Health \(NIH\)](#)