Newport-Mesa Unified School District *Wellness for Life*

# MoveSPRING 2026

## MARCH 27TH TO MAY 22ND

- *TEAM STEPS CHALLENGE*
- *INDIVIDUAL STEPS / MINUTES CHALLENGE*
- *HEALTHY HABITS CHALLENGE*

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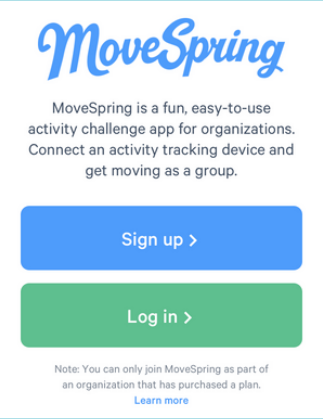
***Please view the Full Program Information on the following pages for registration instructions, prize opportunities, and details on each of the challenges***

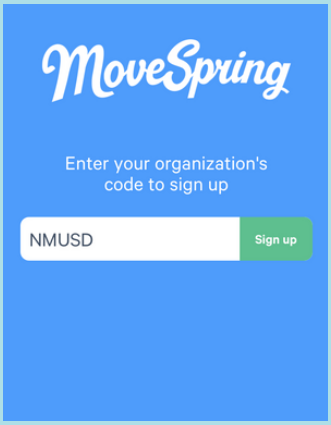
# REGISTRATION: *DEADLINE IS APRIL 3RD*

**Dates:** Registration is open now through April 3rd. **If you are already registered from the last challenge, just log into your *MoveSpring* app and join the challenge.** All Challenges will run from March 27th through May 22nd. **How to register...**

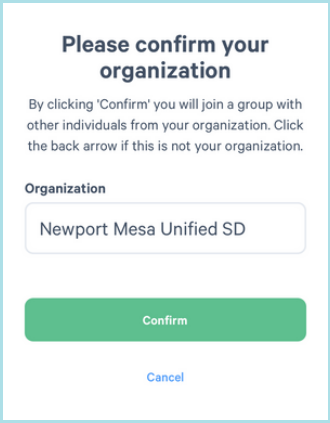
**1** Download the *MoveSpring* app, click "Sign Up >"



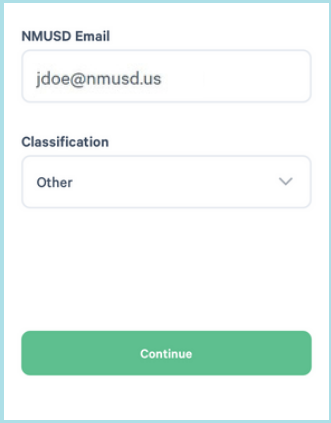

**2** Enter "NMUSD" for the organization code



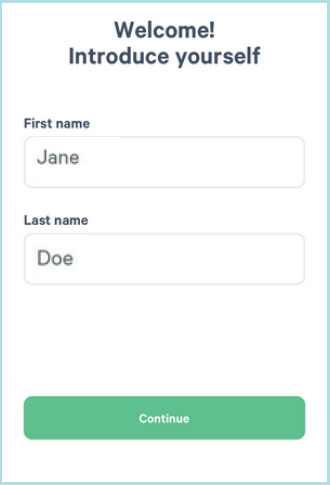

**3** Click "Confirm" on the next page



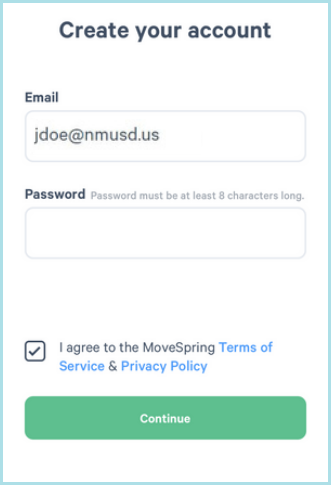

**4** Enter your NMUSD Email and Classification



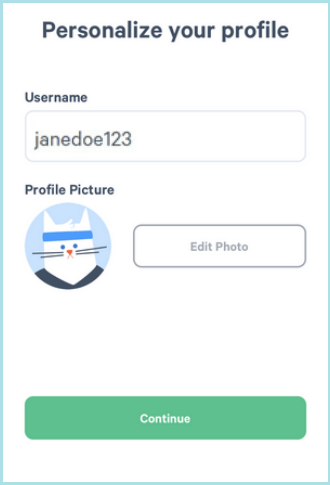

**5** Enter your First and Last Name



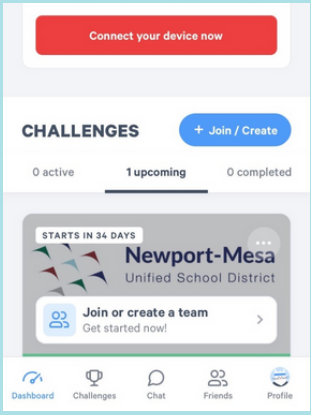

**6** Enter Email and Create a Password




**7** Create a Username




**8** From the Dashboard you can connect a device, and join the upcoming challenges




# SUPPORT:

For technical assistance or help with signing up, logging in, and/or connecting a device please reach out to *MoveSpring* Customer Support. From your dashboard in the mobile app, tap the menu bars at the top left corner and then select the green "Message support" button at the bottom of the utility panel. You may also email ***help@movespring.com*** with inquiries.

For questions regarding the Spring of 2026 MoveSpring challenges and prizes please email Natalie Drake, your Well-Being Coordinator, at ***wellness@nmusd.us***.

# HIGHLIGHTS FOR THIS SPRING:

***MoveSpring* App:** Just like in previous challenges, we will be utilizing the *MoveSpring* app for the challenge. While no one platform meets all needs of every participant, *MoveSpring* offers the majority of features that participants have requested, while still being an affordable option for **NMUSD *Wellness for Life***.

**Prize Format:** We are excited to offer the opportunity for winners to choose their prizes! All prize items will be supplied by Snappy Gifts, allowing the winner to select their own gift (within the specified price range) from the rewards catalogue. All gift cards will be delivered electronically through Tango Cards, allowing the winner to select a gift card of their choosing (in the specified dollar amount) from the rewards catalogue.

**Data Management:** We will continue to keep the activity challenges *verified data only*, meaning only steps and minutes of activity that are synced from a connected device/app are counted towards totals. No manual entry data is allowed. Additionally, to keep the **Team Steps Challenge competitive**, a daily limit of 30,000 steps per person has been put into place for that challenge; there are no limits imposed for the **Individual Steps and/or Active Minutes Challenge**.

# Team Steps Challenge

## OVERVIEW:

For the **Team Steps Challenge** you may create or join a team of 10 to 20 employees and compete against other teams around the District based on *an average of the total steps per teammate* challenge. ***Each team must have a minimum of 10 employees and a maximum of 20. Teams with fewer than 10 employees by the end of the registration period (April 3rd) will be merged with other teams to meet the minimum.*** The top 3 teams with the highest average + 2 wild card teams as declared by raffle will win prizes. Teams *are not* limited by school/department site.

***NOTICE: Friday, April 3rd is the FINAL DAY to make any changes to your team roster. After that date, users will no longer be able to join or change teams. Users are allowed the one-week grace period after the start of the challenge to get their team members sorted out. NO CHANGES WILL BE ACCOMMODATED AFTER APRIL 3RD.***

## Team Steps Challenge Prizes:

All members of the winning teams will earn the following prize sets:

**First Place Team:** Winner's Choice from Snappy Gifts ($50 value)*+ $20 Winner's Choice e-gift card from Tango

**Second Place Team:** Winner's Choice from Snappy Gifts ($50 value)*

**Third Place Team:** Winner's Choice from Snappy Gifts ($30 value)*

**Wild Card Team x3:** $20 Winner's Choice e-gift card from Tango

*all teams who do not place in top three will be entered in a raffle and three teams will win the "wild card" prize

# Individual Steps / Active Minutes Challenge

## OVERVIEW:

The **Individual Steps / Active Minutes Challenge** is designed to allow anybody with a smart phone or wearable device to participate. By joining the MoveSPRING challenge and regularly syncing data you will automatically be participating in this **Individual Steps / Active Minutes Challenge**. You will be participating in this challenge automatically if you join the **Team Steps Challenge** as well. You will earn raffle entries towards prizes based on your total steps or active minutes accumulated through the program period. The more steps and/or active minutes you achieve, the more and better raffle entries you'll receive! The MoveSpring app will show your progress for this challenge as a percentage of the Level 1 Prizes goal of 285,000 steps and/or 855 active minutes (100%). Continue to accumulate more steps and/or minutes through the program period to achieve raffle entries into Level 2 (150%), Level 3 (200%), and Level 4 (300%) prizes.

## Individual Steps / Active Minutes Challenge Prizes:

**Individual Steps / Active Minutes Challenge** Prizes will be awarded by raffle / random drawing for eligible participants. You will be included for the drawing at *each* level you achieve, based on your steps or active minutes (your better statistic of the two). **You may win *one* prize per level.**

> **EXAMPLE:** You accumulate 627,000 total steps (~11,000 per day) and 1,140 active minutes (~20 per day) through the program period. This will earn you entry into the Level 1, Level 2, and Level 3 drawings due to your steps, but not Level 4 since neither your steps nor active minutes achieved that requirement.

### Level 1 Prizes (100%)

285,000 Total Steps (5,000 Per Day Avg)
OR 855 Total Active Minutes (15 Per Day Avg)

- $25 Winner's Choice e-gift card from Tango Rewards catalog x 50

### Level 2 Prizes (150%)

427,500 Total Steps (7,500 Per Day Avg)
OR 1,254 Total Active Minutes (22 Per Day Avg)

- $100 Winner's Choice e-gift card from Tango Rewards catalog x15

### Level 3 Prizes (200%)

570,000 Total Steps (10,000 Per Day Avg)
OR 1,710 Total Active Minutes (30 Per Day Avg)

- Winner's Choice from Snappy Gifts catalog ($200 value)* x 5

### Level 4 GRAND PRIZES (300%)

855,000 Total Steps (15,000 Per Day Avg)
OR 2,565 Total Active Minutes (45 Per Day Avg)

- Winner's Choice from Snappy Gifts catalog ($400 value)* x 4

**Please note: Snappy Gifts updates their catalogs frequently and prizes are subject to change based on availability*

# Healthy Habits Challenge

## OVERVIEW:

The **Healthy Habits Challenge** has taken place of the Healthy Bingo Challenge from the last program, but will operate very similarly. While the steps and active minutes challenges are focused primarily on physical activity, your personal wellness is so much more than that! The **Individual Healthy Habits Challenge** will inspire awareness of behaviors that impact your mental, environmental, financial, and social wellness. You are not required to participate in any of the other challenges to take part in the **Healthy Habits Challenge**, though you are encouraged to. Simply mark your activities as "complete" within the Healthy Habits section of the *MoveSpring* mobile app as you complete them throughout the program period. All activities will be loaded into the Healthy Habits section by March 27th.

## Healthy Habits Challenge Prizes:

**There will be 20 Healthy Habits activities loaded into the MoveSpring app by March 27th.** Complete more activities for more raffle entries! You will receive a raffle entry and be eligible for one prize at *each* Level you achieve. Winners will be selected by raffle / random drawing. Prizes available at level listed below.

**Level 1 Prizes - Complete Any 5 Activities:** $25 Winner's Choice from Tango catalog x8
**Level 2 Prizes - Complete Any 10 Activities:** $50 Winner's Choice from Tango catalog x4
**Level 3 Prizes - Complete Any 15 Activities:** $75 Winner's Choice from Tango catalog x2
**Level 4 Prizes - Complete ALL 20 Activities:** $100 Winner's Choice from Tango catalog x2

# FAQ and Reminders

**How do I receive Technical Support? |** You can access support through the *MoveSpring* app by tapping the menu bars at the top left corner of the dashboard and then tapping the green "Message support" button at the bottom of the utility panel. You may also send an email to ***help@movespring.com***.

**Can I participate in the Team Steps Challenge and Individual Step Challenges even if I don't have a tracking device? |** Yes! You can set up a profile within *Apple Health* (iPhone) or *Google Fit* (Android), then sync your *MoveSpring* profile to your respective app.

**Can I change my team? |** Yes, but only through the registration period. The final day to make team changes is April 3rd. On April 4th no more changes can be made. If your team is under the 10-person minimum, you will be merged with another team to meet the minimum.

**Can I be on more than one team? |** Each employees is only allowed to be on *one* team for the **Team Steps Challenge**.

**How do we remove unwanted users from our team? |** While it is you and your team's responsibility to actively manage your team roster, we understand that sometimes unwanted/unknown users may randomly join your team. If you would like them removed, you must send a request to wellness@nmusd.us by the end of the registration period / grace period (Friday, April 3rd). After teams are "locked" on April 4th, no team modification requests will be accommodated. It is you and your team's responsibility to actively manage your roster. After teams are locked, users will no longer be able to join a team.

**How often do I need to sync in the app? |** You must open and sync your *MoveSpring* app at least once every seven days to have all your step and/or minutes counted.

**Can my friends and family members participate? |** The MoveSPRING challenges and prizes are limited to employees only. Inclusion of a non-employee on a team will result in that team's disqualification from the **Team Steps Challenge**.

**What if I am unable to participate in the steps or active minutes challenges?**
If you are unable to participate due to medical reasons, please email wellness@nmusd.us and ask for a "reasonable alternative" for participation. A physician's verification may be required.

**Devices |** It is not necessary to have a wearable device to participate - the majority of modern smart phones have built-in step counters and can sync to the *MoveSpring* app.

**App Access |** You will only have access to the *MoveSpring* app during the registration period and program period; access will be disabled three days after the close of the program on May 25th at 11:59PM, allowing you a grace period to sync your steps and active minutes.

**Consult with your physician |** It is always recommended that you consult your physician before beginning a physical activity program.

**Spirit of the Challenge |** The spirit of the MoveSPRING challenges is to inspire you to be active and to collaborate with your fellow employees. Neither cheating, nor accusations of cheating will be tolerated. **Please keep it *light*, keep it *fun*, and keep it *stepping*!** Additionally, while there is no way to perfectly cater to every individual's form of physical activity, walking is an activity that most individuals can engage in and benefit from. If special considerations need to be made for you, please send an email to wellness@nmusd.us requesting a reasonable alternative.

**Prizes |** Prizes will be awarded as listed in the program descriptions and the cash value of a prize will not be awarded in lieu of. Prize recipients are welcome to do what they like with the item once they receive it, but *NMUSD Wellness for Life* will not participate in trades, exchanges or returns.

Newport-Mesa Unified School District *Wellness for Life* MoveSpring

# Questions or Clarifications?

**Please email program inquiries to Natalie Drake at *wellness@nmusd.us***