

2020

Specialty Challenge

navigate°

Wellbeing Solutions

Behavior Focus: 

Pass the Torch

Summer 2020 will see the world's greatest athletes compete head to head in Tokyo – but you can complete this four-week activity challenge from the comfort of your community! Join to track your daily activity minutes, to learn fun facts about this year's games and athletes, and to discover why Tokyo was selected to host this historic event.



How to Participate:

Sync a wearable device or app (e.g., Garmin or Fitbit) to track your daily activity minutes on the portal. You can also manually record your daily totals with the challenge to-do list on the portal's dashboard or from the calendar located on the challenge page.

Please note: if you have a device or app synced, it will automatically record your steps.

Helpful Tools:

Review your weekly newsletters or your challenge guide, located on the challenge page, for tips to increase your activity minutes and for fun facts about the Summer games.

Duration:

4 Weeks

Level:

Beginner

Type:

Activity

Weekly Focus:

1

Location 1: New National Stadium

Welcome to the opening ceremonies.

2

Location 2: Imperial Palace

A healthy lifestyle is a marathon, not a sprint.

3

Location 3: Nippon Budokan

Home to the world's best judo, karate and martial arts.

4

Location 4: Tokyo International Forum

Lift like the Olympians do (but with much smaller weights).