Balancing Act

It’s all about balance, right?

Then why is it so hard to make the right decision?

Get the support, motivation, and education you need to maintain a proper health balance in our Balancing Act challenge.

Sign up today and join a team of your coworkers to compete in a six-week exercise and nutrition challenge that helps you achieve a balance between healthy and unhealthy habits and lets you earn points for making healthy decisions.

How It Works

1. **Recruit Your Team**
   Want to lead your team to victory? Become a team captain by registering online at [www.AetnaGetActive.com](http://www.AetnaGetActive.com). Use the online platform to recruit an additional 4 - 10 members, and help your team find a healthy balance by increasing exercise minutes, remaining weight conscious, and making healthy decisions in the weekly challenges.

2. **Get Ready**
   Participants can be recruited by a team captain or register online to join a team of coworkers. After completing registration, all participants can download and print the Balancing Act logbook to get ready for the company-wide challenge.

3. **Get Set**
   Each week in Balancing Act, a new challenge with contrasting healthy and unhealthy behaviors will be announced. Points are awarded for healthy decisions and are subtracted for unhealthy decisions. Team scores are calculated each week by taking the average score of all team members. So it is important to motivate your team and yourself, and track results consistently as you go!

4. **Balance**
   Participate in each weekly Balancing Act challenge and record your progress online or in the printed logbook, after which it should be entered on the website.

5. **The Payoff**
   Reward yourself by meeting your health goals, and experience the fun of working with your coworkers toward an improved health balance!