



What is *Keep America Active*?

Keep America Active is one way to help you get more play into your day! Through this 6-week challenge, you'll go on a virtual trip traveling from coast to coast. To keep you motivated, you'll:

- Travel from state to state, stopping at the country's most amazing hot spots as you record health behaviors
- View postcard-perfect images and bet-you-didn't-know descriptions
- Build well-being habits that last long after your country-wide tour is over.

How does it work?

You can participate on an individual basis or part of a team of 2 – 40 people. Each day you'll visit a new attraction, earning points and stars as you track exercise minutes or steps, plus 2-minute timeouts and exercising with a friend or colleague. And you'll answer a fun trivia question, learn why each attraction should be on your bucket list, and collect badges.

Who can participate?

Employees of CCSF, USD, Superior Courts and City College and their family members. From the East coast to Alaska and over the Pacific to Hawaii, you'll enjoy breathtaking images while learning about some of America's most treasured attractions.

Is there a team competition?

Individuals who joined teams in other SFHSS well-being challenges tended to track twice as often compared to those who did not. Consider inviting colleagues and family members to join on your *Keep America Active* to help keep one another active and motivated.

Teams can be between 2-40 people. This optional friendly competition challenges teams to add up points (the group that averages the most tops the leaderboard) for each recorded health behavior. And weekly Thrive Thursday challenges can add bonus points. Start your team today to help make play a part of your day!

Is there a free mobile app I can download?

Yes! There is a free mobile app available for download on most [Android](#) and [iOS](#) devices. Once you have registered for *Keep America Active* search for "Keep America

Active” within the Google Play or the App Store to download. You must create an account before you can log in to your mobile app.

If you download the app, you can also sync your fitness tracker to record your activity for you! Learn more about which devices can sync up to help you log all the play you get into your day!

Can I use my own fitness tracker?

Yes. With *Keep America Active* you can sync your fitness tracker to log for you. Find out which trackers are compatible with the *Keep America Active* app by checking out this [list](#).

How can I sync my fitness tracker to my *Keep America Active* account?

You'll be able to connect your compatible device on the *Keep America Active* registration page. Once you've added your device to your *Keep America Active* account, just put your device on in the morning. Each time you sync it with your computer or app and log into your *Keep America Active* account, you can see your steps add up.

BENEFITS

How will *Keep America Active* help me?

Keep America Active will help you move every day. Being active will energize your mind and body. Tracking your physical activity for 6 weeks will help you create a healthy habit for life. The tips and resources will enable you to complete 30 minutes of exercise or 7500 steps each day with less hassle.

Participating with family, coworkers, and fellow retirees will make it easier to stay active. There will be weekly opportunities to win a prize for participating in the program.

Why is the San Francisco Health Service System (SFHSS) sponsoring *Keep America Active* for employees, retirees, and their families?

It's easier together! The Well-being Assessment showed that 78% of employees want to be more active and that 65% of employees want to cope better with stress. Currently, only 30% of employees are meeting the recommendations for physical activity. Participating in the *Keep America Active* challenge is a great way to make play a part of your day, with coworkers and family members.

Will I lose weight participating in *Keep America Active*?

Many people do, but that's not the main purpose of the challenge. *Keep America Active* will allow you to do the things you enjoy while being more active. Being active offers numerous health benefits, including reduced heart disease risk, decreased cancer risk, reduced stress, greater blood glucose control, slower aging process, improved mood, enhanced emotional/psychological well-being, and better sleep. All of these health benefits can also help you to maintain a healthy weight.



THE CHALLENGE

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When does the challenge start and end?

The 6-week *Keep America Active* program starts on Monday, July 8 and runs through August 16.

What is the goal?

In this 6-week wellness adventure, your *Keep America Active* goal is to aim for 20+ points/week by:

- Tracking exercise minutes or steps
- Logging 2-minute timeouts and/or exercising with a friend or colleague.

Does *Keep America Active* involve special exercise routines or equipment?

No. You get to select the physical activity that feels right for you. The program goal is to support your efforts to be more active — whether it's walking, running, cycling, lifting weights, or any physical activity you enjoy.

What if I want to do an activity other than those in the program?

That's fine. Any activity counts if it gets you moving, increases your heart rate, and works your muscles. When logging your activity, just find "Other" in the list.

Why does someone who goes dancing get the same credit as someone who goes for a hard run?

Keep America Active is designed to encourage people to be active, no matter the activity. Some will choose lower-intensity activity like golf, gardening, or bowling. Others will be training for their tenth triathlon. Participants are encouraged to do the things they

enjoy. The idea is to challenge yourself — and to move every day.

If I have a disability can I still participate in *Keep America Active*?

Yes; *Keep America Active*'s self-paced, flexible design fits people of all abilities. If walking isn't possible, be as active as you can in whatever ways you enjoy. If you're unsure which activities are best, check with your healthcare provider. [The National Center on Health, Physical Activity, and Disability](http://www.nchpad.org/tional) offers specific ideas.

The Step Conversions tool under the Tools/Resources tab is helpful for equivalents. If your activity isn't listed, estimate your steps based on the closest in intensity (light, moderate, vigorous). And an odometer can gauge distance in a wheelchair; 5 miles of pushing generally equals 10,000 steps (2000 steps/mile).

What if I have questions along the way?

Employees, Retirees and their families: For difficulties with logging in or creating an account, visit <https://sfhss.keepamericaactive.com>

For all other questions, please contact the SFHSS Well-Being Team at well-being@sfgov.org or at 415-554-0643.



CONFIDENTIALITY

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Do I have to participate in *Keep America Active*?

No. Participation is completely voluntary. Employees, retirees, and their families are encouraged to participate to help them move every day.

How is my information used?

The information participants track (for example, steps or minutes of physical activity logged) will be compiled with other participants' information and displayed in aggregate form. Answers to the registration and evaluation questions will be used in aggregate reports about the program. Individual participant email addresses will be used by the San Francisco Health Service System to provide program updates, educational information, and prizes to participants. Participant email addresses and other information that is provided within the program will not be solicited.

How is the information I enter stored?

Personal information is stored under strict security measures as outlined in the [Privacy statement](#). Participation data is compiled with other participants' data for summary reports.



TEAM COMPETITION - IT'S EASIER TOGETHER!

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How do I start or join a team?

After you have registered, you will have the option to start or join a team. Follow the instructions on your Keep America Active dashboard by clicking on the “team” button.

How does the team competition work?

The goal of team participation is to reinforce physical activity with a fun, friendly competition that emphasizes the overall goals of *Keep America Active*: Do the things you enjoy – Be active to energize your mind and body!

Scoring is based on: Scores are based on the team's average points, plus Thrive Thursday challenges (1 bonus point/team member each week). Each person's individual contribution affects the team score, so gather a group who will encourage and support each other along the way.

Do I have to join a team, or can I participate alone?

Although you can participate on your own, *Keep America Active* is even more fun when you're on a team. Numerous studies show that you're more likely to stick with healthy habits when supported by others. Remember, all teams must have 2-40 members (yourself plus 1-39 others)

Can anyone start a team?

Yes. After you register, click the Team page to get started and invite others to join. The person who starts the team is the team leader. Remember, all teams must have 2-40 members (yourself plus 1-39 others).

Do team leaders have any special responsibilities?

Your only responsibility is to make sure at least 1 other person joins your team. All team members are responsible for recording their own physical activity as well as for encouraging and supporting each other in moving more.

How many people can be on a team?

All teams must have 2-40 members (yourself plus 1-39 others).

Can I participate on more than 1 team?

No, unfortunately you can only participate on one team.

What are Thrive Thursday challenges?

If you're on an official team, you'll find an additional activity in your email on Thursday mornings and on the Team page— an everyday task to complete before 9:59pm PST to earn a bonus point toward your team score.



REGISTRATION

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How do I register?

Start by visiting <https://sfhss.keepamericaactive.com> and click the registration button. This will take you to the *Keep America Active* page where you can register.

Can I register from a smartphone or tablet?

Yes. Although the registration process may be more user-friendly from a computer or tablet, you can register from your smartphone. After registering, download the application to log your physical activity. The app makes tracking quick and easy. (Download for [iOS](#) or [Android](#).)

Is there an app I can download?

Yes, there is a free mobile app that allows you to log your daily physical activity, view the leaderboards, and review your team status. (Download for [iOS](#) or [Android](#).) Be sure to register online before downloading and logging into the mobile app.

Can I use my own fitness tracker?

Yes. With *Keep America Active* you can sync your fitness tracker to log for you. Find out which trackers are compatible with the *Keep America Active* app by checking out this [list](#).

How can I sync my fitness tracker to my *Keep America Active* account?

You'll be able to connect your compatible device on the *Keep America Active* registration page. Once you've added your device to your *Keep America Active* account, just put your device on in the morning. Each time you sync it with your computer or app and log into your *Keep America Active* account, you can see your steps add up.

I am having trouble logging in to register, what should I do?

The *Keep America Active* platform provides the best user experience with the following web browsers: Chrome, Firefox, Safari and Internet Explorer (IE) 8 and higher. If you have an older version of IE, copy and paste the URL into a new web browser for the best user experience. If you experience further issues while registering or logging your physical activity,

Employees, Retirees and their families: For difficulties with logging in or creating an account, visit <https://sfhss.keepamericaactive.com/contact>

A *Keep America Active* representative will be able to assist you.

For all other questions, please contact the SFHSS Well-Being Team at well-being@sfgov.org or at 415-554-0643.

I have already registered, but I am having trouble logging back into my account. what should I do?

If you forgot your password, click the "Forgot Password" link and type your email address associated with your *Keep America Active* account. The system will then send an email with a link that will allow you to reset your password. This link will remain active for 60 minutes. If you are unsure what your registered email address is, use the CONTACT link located at the bottom of the webpage or one of the following links:

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I got locked out of my account. what should I do?

If you forgot your password, click the "Forgot Password" link and type your email address associated with your *Keep America Active* account. The system will then send an email with a link that will allow you to reset your password. This link will remain active for 60 minutes. If you are still experiencing issues, use the CONTACT link at the bottom of the webpage or one of the following links:

Employees, retirees, and their families: For difficulties with logging in or creating an account, visit <https://sfhss.keepamericaactive.com/contact>

Complete the information, and a *Keep America Active* representative will be able to assist you.

Whom do I contact for support?

Employees, retirees, and their families: For difficulties with logging in or creating an account, visit <https://sfhss.keepamericaactive.com/contact>

A *Keep America Active* representative will be able to assist you.

For all other questions, please contact the SFHSS Well-Being Team at being@sfgov.org or at 415-554-0643.



TRACKING PROGRESS

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How do I log my activity?

Log in to your account online or via the app (iOS or [Android](#)) to log your activity.

When can I start logging?

You will not be able to log your physical activity until the challenge begins on July 8. You will be able to back log any activity until August 23.

Do I have to record my physical activity online every day?

Answer: It's not required, but if you track your steps or minutes daily, you'll enjoy the full experience of *Keep America Active* as you watch individual and team progress and visit all the destinations on the map! If you're unable to log in every day, use the paper log and update your activity online when you can.

Consider downloading the free mobile app. If you download the app, you can also sync your fitness tracker to record your activity for you! Learn more about which devices can sync up to help you log all the play you get into your day!

Can I log after the challenge ends on August 18?

You have up until August 23 to log your activity for the challenge.

What counts as physical activity?

Any activity counts if it gets you moving, increases your heart rate, and works your muscles. Examples of physical activities range from gardening to walking to playing basketball.

Can I use my own fitness tracker?

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How can I sync my fitness tracker to my *Keep America Active* account?

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Can I log manually if I'm using a tracking device?

Even if you have a device connected in *Keep America Active*, you can still manually record steps:

1. Go to the Log drawer.
2. Under Log, click Edit (by Steps), then enter the number of steps, and click Save.
3. To revert to device tracking, click Sync.

If I'm doing an activity that's not accurately measured with a tracker — like cycling — how do I count steps?

Refer to the Step Conversions tool under the Tools/Resources tab; choose your activity, then multiply the number listed by total minutes.

Note: Steps/minute are *estimates*, not actual step rates. Actual steps/minute depend on the specific activity, leg and stride length as well as fitness level. For nonstep activities, step equivalents are determined by the metabolic cost (higher intensity = more steps/minute).



PRIZES

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How can I win prizes?

There are five ways to win prizes:

1. **Register by July 8.** Prizes will be awarded randomly to those who register before July 8.
2. **Enter the weekly contests.**
3. **Participate in a team.** Prizes will be randomly awarded to select teams with average scores of 20 or more
4. **Track 3 or more days each week.** Prizes will be awarded randomly to those who track 3 or more days each week.
5. **Complete the Keep America Active post-survey and share your Play Your Way story.**

What prizes are available?

Prizes will include Better Every Day prizes such as physical activity trackers, bikes, and fitness accessories.

How do I enter the weekly contest?

On Mondays during the program, participants will receive an email. That email will provide instructions about the weekly contest. Follow the instructions in the emails to be entered to win.

Who is eligible to win?

Employees and retirees who register for *Keep America Active* will all be able to win. Read the weekly email for details.

When are contest entries due each week?

The weekly contest will be announced on Monday and entries are due by Friday.

When are the weekly winners announced?

Each winner will be notified in a separate email from well-being@sfgov.org no later than Friday of the following week.

If I have won, how do I get my prize?

You will receive instructions when you are notified that you are a winner.

I never received my prize. Whom do I contact?

Send an email to well-being@sfgov.org or call 415-554-0643.