



## INTRODUCING MOTION CONNECTED

*Ready to build a healthier you?*

- ✓ Sleep better
- ✓ Stress less
- ✓ Boost energy
- ✓ Lower risk factors



### USE MOTION CONNECTED TO:



Get Active



Compete in Challenges  
& Earn Prizes



Monitor Health  
Progress



Get the Latest  
Messages

## YMCA OF THE FOX CITIES INVITES YOU TO JOIN MOTION CONNECTED!

Motion Connected is a total wellbeing experience to help our staff build a healthier tomorrow. You can learn new health skills with encouraging health education, connect and compete with coworkers in fun themed activity challenges, and be rewarded for your healthy action in a motivating program. Are you ready?

### GET STARTED TODAY

1. Go to [www.motionconnected.com/app](http://www.motionconnected.com/app) on your mobile phone or computer. Or scan this to download the app.
2. Click or tap on "Create Account"
3. Use the activation code below to create an account.
4. Go to the "Link Device" page to connect your compatible activity tracker, or to shop The Wellness Outlet, a discounted Fitbit & Garmin



Open your camera & scan  
me to download the app!

### ACTIVATION CODES FOR YOUR PRIMARY BRANCH

ACY: 2A3-M663E-4E1

APY: 346-K663E-9CD

CORP: 780-Y3663E-C7A

FWY: 6C7-W663E-7A9

HVY: 71A-X663E-D80

NMY: 109-I663E-006

OGY: G44-Q2756-55G

ALL SPOUSES: 15E-J663E-A3D