

PELOTON


Are you up for the challenge?

Our first ever Penn State Health BeWell Challenge is taking place in September, and it's one you won't want to miss. For this challenge, work out at least 10 days with the Peloton App, Bike, Tread, Row, or Guide to earn a badge for your collection. All Finishers who opt into sharing their completion data will also be entered for a chance to win a Peloton gift card or swag!

Not ready to break into stride yet? Take one of our **Slow Flow Yoga** classes instead. Feel better when you're moving instead of meditating? Get up and shake it out during a **Dance Cardio** class. Forget the results and just focus on doing the best you can each day. Join this challenge any time during the month, and any classes you took before joining will still count towards the challenge.

How to join

iOS and Android

Tap  at the bottom of the Peloton App and swipe to the Penn State BeWell Challenge. Tap "Join," opt in, and you're in!

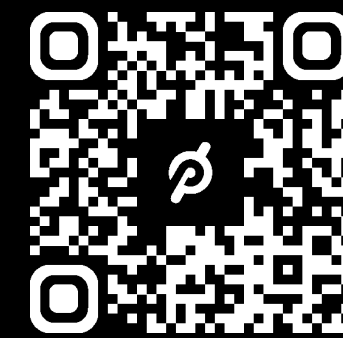
Desktop

Log in to your Peloton profile on your web browser, click "Challenges" at the top, scroll to the Penn State BeWell Challenge. "Join," opt in, and you're in!

Bike, Bike+ and Tread

From the home screen, tap "Challenges" at the bottom, tap "Penn State BeWell Challenge" then tap "Join Challenge," opt in, and you're in!

Still need to activate?



Don't sweat it, activating is easy. Scan to apply your benefit!

Ready to really compete?

Add your #LionStrong to your profile and see what classes your coworkers are joining to complete the challenge. To add a Tag, go to your profile and click the "Tags" button under your username. You can add up to 10 Tags to your profile.

