



Run-A-Muck 2018

Run-A-Muck is a four -week health and exercise challenge that encourages an increase in physical activity in small steps.

How does it work?

- Teams of six work together to accrue as many minutes of activity as they can. Activities can include running, cycling, walking the dog, skiing, dancing....the choice is yours!
- Throughout the challenge, participants receive information about the physical, psychological and social benefits of being active.
- The team with the most minutes wins the challenge however, there are more opportunities to win this year!

4,000 people across BP participated last year – with 75% post-survey respondents saying they increased their regular activity and planned to maintain it



your wellbeing



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How to get involved

- Get a team together. Teams can be up to six people. Both BP employees and contractors can participate – from the same office or from anywhere in the world
- Select a team captain to register the team via the Run-A-Muck website. The team captain must have a BP email address
- Get active and log your minutes to get points. Points may be entered from the Run-A-Muck website or the BP RAM app. Physical activity could mean walking to the shops or running a marathon. It's up to you!

Why take part?

- Increase your physical activity in small steps
- Experience the physical, psychological and social benefits
- Be part of a team and motivate others to be active
- Build long term habits for good health and wellbeing
- Compete to win the challenge and have your story shared across BP
- **BP employees receive 125 StayWell wellness points for participating**

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Key dates for your calendar

Registration opens **March 26** on www.bprunamuck.com

- Register by **April 1** and win additional points for your team!
- Registration remains open during the challenge

Challenge begins **April 16**

Challenge ends **May 14**

- Winners announced after **May 14**
- Winning stories will be shared across BP

your wellbeing



Run-A-Muck 2018 resources

Run-A-Muck website: www.bprunamuck.com

registration begins on March 26!

iOS and Android apps: download the BP RAM app from the BP app store beginning March 26!

your wellbeing Yammer page: get talking with others in BP about the challenge on <https://www.yammer.com/bp.com/groups/yourwellbeing>

Need help finding a team or have a question about the challenge?:
email info@bprunamuck.com

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