

HOW IT WORKS

FORM A TEAM

The first step is to round up a team of 7 colleagues who are up for some fun, then nominate a team captain. After registering, you'll join 50,000 other teams from around the world, all eagerly waiting for you at the mystery starting location.



YOUR STARTER KIT

You'll receive a GCC Pulse (actually two of them so you have a spare) which tracks your movement through the day, and every type of activity counts. You can wear it anywhere on your body and it's really easy to use - no software, no recharging and no set up.



THE ADVENTURE BEGINS

On May 27, you and your team will start a 100-day virtual journey around the world. The more active you are in your daily life, the further you progress each day through the most intriguing places on earth. It's all brought to life through the GCC website and mobile apps, keeping you and your team motivated, entertained and connected.



A LITTLE HEALTHY COMPETITION

It's called 'Challenge' for a good reason, and you'll have the chance to flex your competitive muscles as you race up the Leaderboard and go head to head with others in mini leagues. If you prefer, you can challenge yourself by setting personal targets, tracking your stats and taking on mini challenges to earn virtual trophies.



GCC NUTRITION

By day 30, you'll discover your body is becoming more finely tuned and you're feeling more conscious about the fuel that's driving you. GCC Nutrition kicks in with bite size chunks of info and insight. Our simple-to-use online tools are designed to help you easily strike a balance of energy in and energy out; the nutritional recipe for success.



GCC SLEEP

By day 60 your energy levels will be rising by the day. You'll also wake up to the fact that there's a third piece to the lifestyle puzzle. GCC Sleep lets you measure and understand your sleeping patterns and provides advice and helpful hints tailored specifically to your situation and habits. With a little tweaking you'll feel recharged, more focused and ready to take on the world.



GCC ME

Before GCC starts, you will be able to use your health check numbers in GCC Me. Based on scientifically validated scoring systems, GCC Me helps to paint a picture of how your current heart health and lifestyle choices measure up. Throughout the program, GCC Me empowers you with recommendations to support your progress. Now you can not only 'know' your numbers but understand and 'use' them too.



ONGOING SUPPORT

Not all good things need to come to an end. Although you'll round out the 100 days in much better shape than when you set off, GCC will still be here to help keep you on track anytime, anywhere. The GCC website and apps that have become your trusted allies will remain available throughout the year along with some extra surprises.



WHY GET INVOLVED



FEEL ON TOP OF THE WORLD

My energy levels have soared and my brain and body are bouncing! All this started with thinking 'why not?' to the company email about GCC. I can see real changes in my life and am already looking for the next challenge!

- Arman, Holy Walkamolies, UK

ENJOY SOME HEALTHY COMPETITION

GCC has been a fun way to compete amongst co-workers. Each week checking the Leaderboard to see where we stand as a team, discussing our increases in steps along the way. The trophy cabinet is a wonderful conversation item, comparing which trophy each has earned.

- Teresa, The 7 Wonders, USA



EXPERIENCES ARE BETTER WHEN SHARED

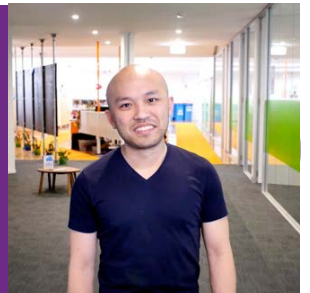
My biggest inspiration has come from my team members, who encourage, praise and applaud all my efforts. I have also been inspired by so many others around the world doing the challenge.

- Kim, Fitbits, Australia

BE A PART OF SOMETHING GREAT

Since I participated in GCC, I always feel I have a team, I am cared for, and inspired. Also my work is independent and there is not too much interaction with my colleagues. It is GCC that brings us together, helps us know each other and become friends.

- Pinky, Hot Buns on the Run, Singapore



2015 CALENDAR

