

Scentsy Wellness Step by Step Challenge FAQ

What is the Scentsy Step by Step Challenge?

The Scentsy Step by Step Challenge is a fun fitness program designed to help you increase your activity level, no matter what shape you're in. Just stride your way to 300,000 steps in a month — about 10,000 steps per day — and be entered into a drawing where four Consultants will each win \$50 USD/\$66 CAD in Scentsy product credit.

What's the significance of 10,000 steps per day?

10,000 steps a day is roughly equivalent to the Surgeon General's recommendation of 30 minutes of activity most days of the week. Achieving this moderate activity level has substantial benefits, including lower BMI, increased energy and reduced risk for Type 2 diabetes and heart disease.

What do I need to participate?

All you need to participate is a comfortable pair of shoes and a pedometer, smartphone app or activity tracker.

How do I participate?

Go to ScentsyWellness.com to register for the program. Print out our Step by Step tracker to track your steps. You can record your steps every day using a pedometer, smartphone app or activity tracker. Once you hit 300,000 steps, log your steps online and you'll automatically be entered into the drawing.

How will I know if I've won?

We'll email the winners and post their names on the News tab in the Workstation and on the Scentsy Consultant Wellness Facebook page.

Any suggestions for getting more steps in?

Yep! Here are some ideas to get you started:

- Park in the back row of the parking lot.
- Take the stairs.
- Play soccer with your kids.
- Go for a walk with your family after dinner.
- Walk around your house when you're talking on the phone.
- Take your groceries in one bag at a time.
- Have walking meetings.
- Put on some music and dance!

How much does it cost?

It's free!

Who can participate?

All current Consultants are welcome to participate.

As with all of our Wellness programs, please reference the Scentsy Wellness Terms and Conditions at ScentsyWellness.com.

How can I connect with the Step by Step Challenge on social media?

Post pictures of your progress on Instagram or Facebook using #ScentsyWellness. That way, other challenge participants can follow your journey and you can motivate others to take the first step towards a healthier life!

