



2016 Frequently Asked Questions

Meditation:

What is the Match the Mayor 9: Summer Games meditation challenge?

An online wellness adventure with our Mayor that draws on the excitement of the Olympics while learning about new places by “visiting” host cities around the world.

How does it work?

Every time you record an activity, you move along an Olympic host city trail. As you progress, you’ll see great images and vivid descriptions of each location. It’s a fun, effective way to track your personal wellness activities and see your progress. Check out KT’s Journal to see how he’s doing and get a little extra motivation.

What is the goal of Match the Mayor 9: Summer Games?

Your goal is to travel 300+ virtual miles along one or more host city trails — you have 10 to choose from. If you record at least 10 minutes of meditation a day, 5 days a week, you’ll reach 300 miles easily. You can add to your mileage by taking the daily Tip Test, a fun trivia question. Aim for at least 50 miles a week to achieve your goal in 6 weeks.

What health practices count toward the goal?

Daily meditation improves focus, boosts creativity and enhances brain health. This simple habit also builds self-compassion, reduces blood pressure, eases anxiety and offers a moment of calm in a busy day. Meditation is a skill that calls for practice, so take some time before the program begins to start some guided meditations. When you catch your mind wandering, bring your focus to your breathing. Aim for 10 minutes or more of meditation each day.

Who can participate?

All teammates, spouses/significant others, friends and family are invited to join Match the Mayor 9. Whether you’re just starting out, or are an experienced meditator, this challenge gives you several ways to earn mileage, get motivation from others and move through each Olympic host city.

Is there a limit to the amount I can record each day?

Yes. To encourage consistency, each activity has a daily maximum. A maximum of one meditation session a day will count toward your movement on the trail.

Do I connect my wearable tracker?

No, do not connect your wearable tracker. You will manually upload your meditation minutes through the app or online.





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How does the team competition work?

The goal of team participation is to reinforce healthy habits with a fun, friendly competition that emphasizes the overall goals of Match the Mayor 9. Scores are based on the team's average miles/day, not the team total. Each person's individual contribution affects the team score, so it's best to form a team with those who will encourage and support each other.

Do I have to join a team or can I do it alone?

Team participation is optional. Although you can participate on your own, Match the Mayor 9 is even more fun when you're on a team. Numerous studies show that you're more likely to stick with healthy habits when supported by others.

Can anyone start a team?

Yes. After you register, click the "Team" link to get started and invite others to join. The person who starts the team is the team leader.

What are the requirements for team sizes?

There are three team size options: small (2-10), medium (11-20) and large (21-40). The competition is designed to reinforce consistent, lasting wellbeing habits.

Do team leaders have any special responsibilities?

Team leaders must make sure others register and accept their invitation to join and form an official team. Other than that, all team members are responsible for recording their own activity as well as encouraging and supporting each other throughout the challenge.

Do all team members have to be in the same location?

No; since it's an online program, your teammates can be across the hall or around the world. There are some advantages to having teammates close by, but the most important thing is to recruit players who are supportive and motivated to be healthy.

When participating on a team, do all team members have to track/log the same wellness activity?

Yes, all team members must be participating in the same program and tracking/logging the same activity.

What is Trail Mates?

Trail Mates is a buddy feature where you can invite others to a friendly challenge or to offer support as they follow your progress. This is a fun way to add motivation and support to this online wellness adventure.

What if I have questions about the program?

Use the [contact](#) link at the bottom of each page on the website. A Match the Mayor 9: Summer Games representative will respond within one business day.

