The Tufts University Wellness Center, with Tufts Human Resources sponsorship, is pleased to offer you a 6-week step challenge – **Jumbo Steps** which begins on **May 13**. Sign up by following the instructions below:

1. Log in to [the Marathon eHealth Portal](#). You can log in to the portal from any computer that has access to the internet. If you need assistance with your username and/or password, please click the “Forgot Password/Username?” links. **Please note that your username and password for this portal is different from your Tufts University log in.**

2. If applicable, read and accept the Privacy Agreement.

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**Jumbo Steps Challenge 2019**

**The Tufts University Wellness Center**

**Sign-up now! Challenge begins on Monday, May 13.**

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**The Wellness Center**

Steve Tisch Sports and Fitness Center 161 College Ave. Medford, MA 02155
Mon.- Thurs. 8:00 a.m. – 6:00 p.m.  
Fri., 8:00 a.m. – 4:00 p.m.

**Health Coaching**

**Boston Health Sciences**
75 Kneeland St., room 602
Boston, MA 02111
Thurs., 8:30 a.m. – 5:00 p.m.
**Boston SMFA**
Telephonic Coaching Available

**North Grafton**
6 Captain O’Brien Rd., room 206
North Grafton, MA 05136
Mon., (Bi-weekly) 8:00 a.m. – 4:30 p.m.
Wed., 8:00 a.m. – 4:30 p.m.
3. Click on “Sign up now for the 2019 Jumbo Steps Challenge starting 5/13/2019.”

4. Click the “Sign-up” button to register as an individual or team.
5. Register by choosing a team name. **All registrations must be completed by Friday, May 17.**

**Individuals:** Create a team of one. Select “**Create Your Own Team**” and enter a nickname. Next, select “**Register for Team.**” Please note that nicknames will appear as they are entered and may be highlighted during the challenge.

**Teams:** You can form a team with up to 5 participants. Each team should designate a team captain who will log in to the portal to create a team name by selecting “Create your own team”. **Once the team captain creates the team name, other members can join by selecting the team name under “Register for Team.”** Note that team names will appear as they are entered and may be highlighted during the challenge.

You’re all set! Thank you for registering for the Jumbo Steps Challenge. Please call the Wellness Center at 617-627-0467 or email TuftsWellnessCenter@marathon-health.com with any questions.