

# YMCA STRONG CHALLENGE FAQs

## **Who can participate in the STRONG Challenge?**

The challenge is open to everybody! YMCA members and non-members are encouraged to participate. Spread the word to your family and friends!

## **Is there a minimum age to participate?**

Participants can be any age! However, your mobile text messages are intended for subscribers over the age of 13 and are delivered via USA toll-free number (855) 487-0827. Participants under the age of 13 can follow along with a parent/guardian or by visiting us online ([ymcaworthington.org/strong](http://ymcaworthington.org/strong)). Youth under the age of 13 who are members who would like the completion t-shirt must still fill out the welcome form online upon signup.

## **Will I receive information during the challenge to help me stay on track?**

Yes. Each week during the challenge you will receive three text messages to keep you going! For additional motivation throughout the challenge, visit us online.

## **Is there a fee to receive the text messages?**

Message and data rates may apply. This service is available to persons with text-capable phones. You may stop your mobile subscription at any time by text messaging STOP to toll-free number (855) 487-0827. To opt back in, text "UNSTOP" followed by the keyword to toll-free number (855) 487-0827.

## **What is an Accountabili-Buddy?**

An "Accountabili-Buddy" is a friend who will help you stay motivated and accountable during the Challenge. Anyone can be an Accountabili-Buddy - ask your friend, family member, neighbor, or coworker!

## **What if I want to participate, but I don't have texting services / don't want to receive text messages?**

Individuals can still participate without receiving the text messages. They must still fill out a welcome form online ([ymcaworthington.org/strong](http://ymcaworthington.org/strong)) and then you may follow along, on your own, in the following two ways:

- Website | Visit our site each week for new information based around the weekly theme that include access to virtual offerings, like workouts, activities, and more.
- Private Facebook Group | Visit our private Facebook Group daily for new information based around the weekly theme that include access to virtual offerings, like workouts, activities, and more.
- What if there was an error when I tried texting STRONG to (855) 487-0827.
- If you did not get any response when you opted in using "STRONG", please try one of the following two options:
  - o Try again with a "1" before the phone number. Text "STRONG" to (855) 487-0827.

- o Text "STOP" to (855) 487-0827. Then try again by texting "STRONG" to (855) 487-0827.
- If the "welcome form" link didn't work for you, fill out the form online at [ymcaworthington.org/strong](http://ymcaworthington.org/strong)

For any additional questions, don't hesitate to reach out at:  
[cory.greenway@ymcaworthington.org](mailto:cory.greenway@ymcaworthington.org) or 507.376.6197 ext. 230