

RALLY®



Ready to Hit Your Stride?

Sometimes, we can all use a little extra motivation. Rally® is a digital experience that makes it fun and easy to stay healthy while getting rewarded along the way.

With in-app programs like Stride, you can set a daily step goal to your level of physical activity, track your progress, and step your way to rewards.



Set Your Daily Step Goal

Choose one of five different activity levels, from a “Light” daily step goal of 5,000 to a “Very Active” daily step goal of 12,500. You can change your step goal each month.



Track & Sync Your Progress

Count every step you take throughout the day using your mobile device, activity tracker, or favorite fitness app. You can also go back and look at your previous step totals for extra motivation.



Earn Employer Rewards

Earn \$25 each month with the YMCA Employer Rewards program for reaching your Stride step goals.

Get Started at <https://ymca.werally.com>

Start stepping to rewards. Go to your “Rewards” tab after logging in to Rally and join Stride.

On your phone? Download the Rally® app, then register using YMCA01.



YMCA EMPLOYEE BENEFITS
A nonprofit benefit Plan exclusively
serving YMCAs since 1970.

Rally is available to you at no additional cost as part of your employee health benefits. © 2021 Rally Health, Inc. All Rights Reserved. To learn more about your employer reward program, check out the Employer Rewards section on your dashboard. Rally's Rewards Rules apply to any rewards you earn.