

WALK TO WELLNESS CHALLENGE



Walk your way to better health, fitness, and great prizes!

WHEN: May 30th to July 22nd

WHERE: Anywhere! Walk before and after work, during lunch, and on the weekends.

- Walk in at least 10-minute increments and log your weekly minutes on the trackers. Trackers are provided after signing up.
- Every Monday, submit a copy of your tracker to **Sara Goodwin-Tague** at sgoodwin@ceoempowers.org.
- Every participant who walks at least 150 minutes each week will be entered in a weekly drawing for prizes such as a gift card, fitness accessories, and more.
- At the end of the challenge, participants who walked at least 150 minutes each week consistently will be entered in a drawing for a grand prize.

Winners will be announced via email each week.

To register, please fill out the attached pledge card today and return it to the HR Department! Pledge cards are due by May 25th.

In addition to your tracker, try CDPHP[®] InMotionSM to create new routes and record your distance and time for routes you already take. It's a tool you can use even after the challenge is over.

