

WALK TO WELLNESS CHALLENGE



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

WHEN: Sunday, April 3rd and ends Sat. May 14th

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

- ➔ Walk at least 150 minutes per week and log on your tracker (see attached).
- ➔ Every Monday, visit the link provided and submit your time walked.
- ➔ Every walker who walks at least 150 minutes or 49,000 steps **each week** will be entered in a drawing for *one of three excellent prizes*.
 - Fitbit Inspire 2 Health Fitness Tracker
 - \$50 gift certificate to Fleet Feet and fitness gear
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- ➔ At the end of the challenge, participants who walked at least 150 minutes or 49,000 steps **each week** will be entered in a drawing.

Winners will be awarded the week of May 16th!

No need to register for the challenge.

We will send a reminder the week the challenge begins. – [Your Wellness Team](#)

