

COMING SOON!



Holiday Walking Challenge

This challenge will help you to **move more** by offering simple suggestions to increase **physical activity through walking**.

The **weekly newsletters** and **walking log** will make it easy for you to earn and track your **Walking Challenge points**.



**MOVING MORE
IS EASY.**

SIGN UP NOW.

DON'T BE LEFT OUT! JOIN THE FUN.

Remember to check the weekly newsletters for updates, recipes, and more!

This challenge will begin on _____ and end on _____.

For more information about the challenge, contact

_____ at _____.

Eat Smart, Move More...
Maintain, don't gain!

HOLIDAY
Challenge