



Join the Movement Challenge!

This high-energy challenge is a two-week competition designed to help empower you through movement, weekly activities, and head-to-head fitness duels with your coworkers!

Are you up to the challenge?

How?

For two weeks, you'll track your total daily steps and minutes of activity. If you do any other forms of exercise, you can use the conversion chart to convert your activity minutes into your step total. At the beginning of each new week, you'll turn in your activity tracking sheet to the challenge coordinator.

When?

The Movement Challenge runs from Monday, to Sunday,

Questions?

If you have any questions or you'd like to join the challenge, contact:

