

LET'S GET MOVING



Ignite your fitness journey by joining
HR - Wellness in our
Let's Get Moving Challenge

A 4-week campaign designed
to promote physical activity and exercise!

CHALLENGE DATES **JULY 7 - AUG 3**

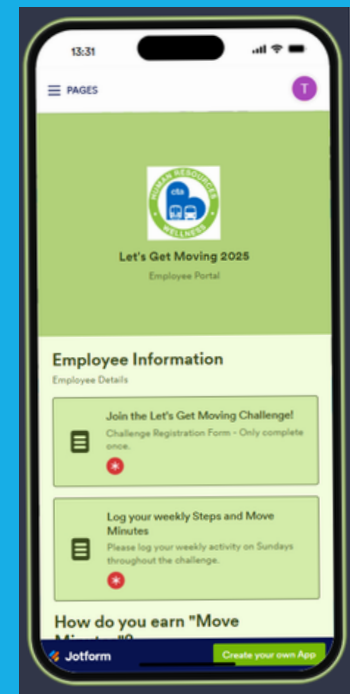
How to Get Started

Step 1: Click the link or scan the QR code to get to our new app : <https://bit.ly/LGM2025>.

Step 2: Save the link to your desktop or homescreen for easy access all month long.

Step 3: Complete the **"Challenge Registration Form"** and choose a Team based on your work location: North, South, West or Central.

Step 4: Get Moving!



✓ **Weekly Workouts from Coach Travis!**

✓ **Easily log your steps & movements on Sundays!**

✓ **Earn Individual Awards & Prizes just for moving!**

✓ **Challenge each other to claim the team title!**



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