

# LET'S GET MOVING



Ignite your fitness journey by joining  
CTA Wellness in our 8-week  
**Let's Get Moving Challenge**

The ultimate fitness campaign designed  
to promote physical activity and exercise!

**CHALLENGE  
DATES**

**JUNE 3 - JULY 26**

## How to Get Started

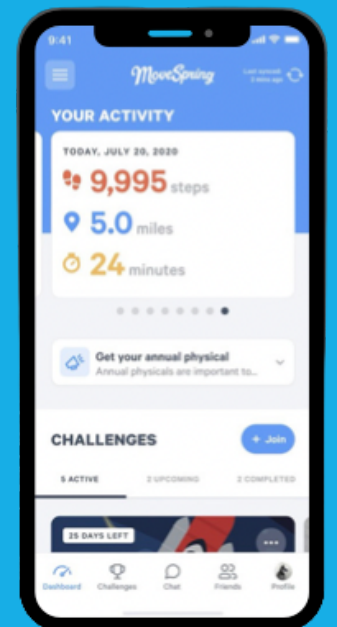
**Step 1: Download the MoveSpring App on your phone or join from your computer by visiting <https://bit.ly/CTAMoves>**

**Step 2: Enter code **CTAMOVES2024** to join team CTA**

**Step 3: Create or log-in to your account**

**Step 4: Sync your smartwatch or smartphone to MoveSpring\*, to start tracking your movement**

\*Be sure to sync your active movement daily in order to maximize your MoveSpring experience!



*MoveSpring*

- Individual Challenges
- Team Challenges
- Awards & Prizes
- Weekly Workouts & More!



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*MoveSpring*