Join the Challenge to Become a Healthier You!

The Mile-Per-Day Challenge is a six-week challenge that encourages employees to complete the equivalent of one mile per day of physical activity.

Choose from different aerobic activities each day and complete the minimum minutes to equal one mile.

This challenge will begin on __________ and end on ____________.

For more information contact __________________________ at __________________________.

This challenge is brought to you by your [department name] Wellness Council.