



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.