PEHP October Wellness Challenge wellness 2018



October 1st - October 31st

Step up to fitness and get walking! A good pair of shoes is all you need. Fit walking into your daily routine to improve health and productivity.

Schedule:

October 1: Benefits of Walking

October 8: Walking Form October 15: A Walk a Day October 22: Walking Gear

October 29: Step Up Your Walking Routine

Sign up using the link below or at pehp.org

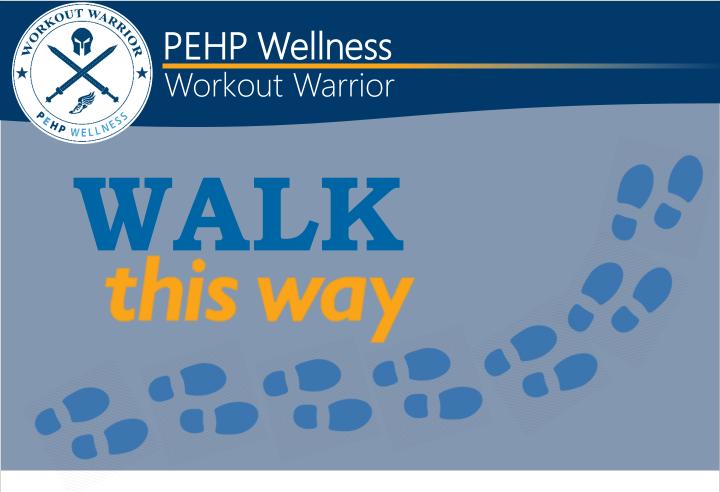
REGISTER TODAY

Sign up early to receive all the weekly emails.

You could win* 1 of 15 Amazon gift cards!

*URS/PEHP employees not eligible

Wellness challenges are email based, self paced educational programs that focus on areas of well being. Often used to jump-start personal goals, challenges can help you take charge of your health.

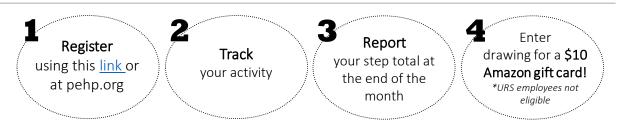


October 1st - 31st, 2018

Step up to fitness and get walking! Walking every day is one of the easiest exercises for keeping fit, staying healthy, and managing weight. Sign up this month to receive tips and ideas on how to increase your daily activity through simply walking more each day.

It's easy to participate:

Join our self-paced, email-based physical activity challenge!



Any activity counts towards "steps" whether you walk, run, bike, swim, or play basketball!