



# Happy Hiking

## October 1-31

October is a time of cooler weather and fall colors. Find extra motivation for being more active in the great outdoors and enjoying all it has to offer!

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



Register  
[here](#)  
or at [pehp.org](http://pehp.org)



Track  
your  
activity



Report your  
step total  
at the end  
of the month



Enter to win a  
\$10 Amazon  
gift card

*URS employees not eligible*