



APRIL WALKING CHALLENGE

APRIL 1 - 30, 2023

Looking for a way to start moving more?
Need a little friendly competition to get you motivated?

This challenge is right for you. All SRPMIC employees,
enterprise employees and their dependents are
welcome to join us.

WHAT TO EXPECT:

- You will receive a tracker from WellPath OR you may use a tracker of your own.
- Schedule your walking days throughout April and get moving.
- Log your miles on the tracker and check in with WellPath at the 25, 50, 75 and 100 mile markers.
- Tracker links are provided on your tracking sheets
- You will be provided with fun facts about the SRPMIC after each milestone hit and recorded using the tracking links



- The goal of the Challenge is to get moving and increase physical activity.
- Completing 75 miles or more will give you 25 WellPath points for the April Walking Challenge
- Questions? Email Wellness@SRPMIC-nsn.gov