

SPRING WALKING CHALLENGE

STEP INTO SPRING BUILDING HEALTHY HABITS
FACULTY & STAFF ONLY



TWO LEVELS:

ACTIVE (8,000+ STEPS/DAY) &
EXTRA MILE (10,000+ STEPS/DAY)

 TRACK STEPS DAILY:
MOVESPRING APP

JOIN ACTIVE
GROUP HERE



PRIZES:

HIT YOUR GOAL 27 OUT OF 30
DAYS TO EARN RAFFLE ENTRIES!

JOIN EXTRA MILE
GROUP HERE



APRIL 1-30th

SPONSORED BY THE EMPLOYEE BENEFITS & WELLNESS COMMITTEE, FOR
QUESTIONS CONTACT SELENA FOREMAN AT SFOREMAN@NWMISSOURI.EDU