

2021 WALKING CHALLENGE

VACATION DESTINATIONS

June 6th – July 3rd

- ❖ Captains build your team of 4 on Passport 4 Good (P4G)!
- ❖ Each Walker tracks their own steps-**Daily or Weekly** in P4G!
- ❖ **No Team?** No worry! You can still Join & we will find you one
- ❖ Fun & Friendly competition between coworkers and teams!

Enter your steps each week or daily on P4G to get credit as a Healthy ME Activity and chances to win prizes!

SET YOUR GOAL FOR A FUN VACATION DESTINATION!!

- ✓ **Virginia Beach VA:** 600 miles | Equals **10,698** per Teammate*
- ✓ **Myrtle Beach, SC:** 809 miles | Equals **14,429** per Teammate*
- ✓ **Savannah, GA:** 997 miles | Equals **17,656** per Teammate*
- ✓ **Orlando, FL:** 1267 miles | Equals **19,958** per Teammate*

*Average steps per day

THREE WAYS TO REGISTER YOUR TEAM BY JUNE 3RD

1. [Click to Register](#)
 2. Scan QR Code and add your login
- OR**
3. Log into www.p4g.app/Ellis and
 - Scroll down to **Your Active Groups**
 - Select **Join More Groups**
 - Click **Join A Group**



**KICK OFF YOUR WALK WITH THE American Heart Association Heart Walk
ON SUNDAY, JUNE 6TH! JOIN THE ELLIS TEAM!**

QUALIFYING
HEALTHY ME
ACTIVITY



SOCIAL | MIND | SPIRIT



PHYSICAL

Passport: www.p4g.app/ellis | Email: wellness@ellismedicine.org | Website: ellishealthyme.org