

2022 WALKING CHALLENGE

The Great Outdoors: Track Your Treks! September 12th – October 9th

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

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


**Most steps!
Random raffles!
Best team name (vote)!**

SET YOUR GOAL FOR TO REACH ONE OF OUR PARKS!

- ❖ **Niagara Falls State Park, NY:** 285 miles | **5,047** per Teammate* (56,5298 total)
- ❖ **Sky Meadows State Park VA:** 400 miles | **7,084** per Teammate* (79,3400 total)
- ❖ **Aroostook State Park, ME:** 493 miles | **8713** per Teammate* (97,5882)
- ❖ **Oak Grove Lake Park, VA:** 598 miles | **10590** per Teammate* (1,186,133 total)
- ❖ **Cliffs of the Neuse, NC:** 681 miles | **12060** per Teammate* (1,350,764 total)
- ❖ **The Arboretum, KY:** 758 miles | **13,424** per Teammate* (1,503,493 total)
- ❖ **Tahquamenon Falls, MI** 848 miles | **15,018** per Teammate* (1,682,008 total)

**Approximate average steps per day per Teammate*

THREE WAYS TO REGISTER YOUR TEAM BY September 9th

1. Click [HERE](#) 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 



We want to see you! Please send team or individual walking photos to wellness@ellismedicine.org for posting on <https://ellishealthyme.org/challenges/2022-healthy-me-walking-challenge/>

QUALIFYING
HEALTHY ME
ACTIVITY



SOCIAL | MIND | SPIRIT



PHYSICAL

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