

# HEALTHY ME MONTH IN MOTION CHALLENGE

## February 13<sup>th</sup>- March 12<sup>th</sup>

Join Month In Motion because it:

- helps keep exercise on your mind
- introduces you to new exercises
- gives you strategies for fitting exercise into your day
- offers reasonable and attainable daily goals

### REGISTER

## TWO WAYS TO REGISTER by February 12<sup>th</sup>

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



### PARTICIPATE

Each week, participants will receive an email with that week's Month in Motion Activities.

Check-in all Four Weeks in Passport For Good (P4G) to qualify for prizes & credit for your Physical Healthy ME Activity!!

### PRIZES

Raffle prize entries for all who complete the challenge! Prizes include: Instant pots, Fit Bits, Healthy ME swag and more!

QUALIFYING  
HEALTHY ME  
ACTIVITY



PHYSICAL