



www.explorationwellness.com

March & April NASA Fitness Challenge



My Fitness Solution: *March 1st through April 30th*

My Fitness Solution: meeting your fitness goals with NASA

Goal: Increase your level of fitness and track your exercise regularly

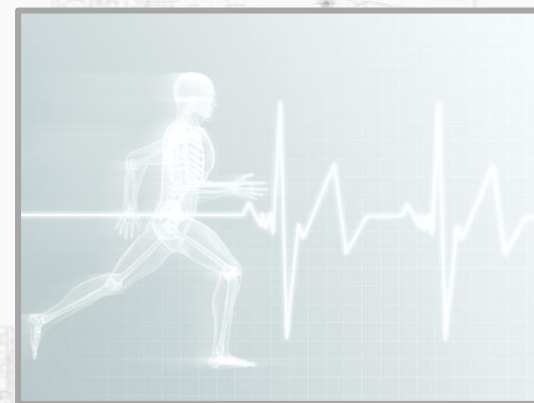
What to do:

- Exercise regularly
- Log your exercise in [My Fitness Solution](#) each week
- Learn more as you go



Employees who track their exercise on a weekly basis will receive 5 points in the Employee Rewards Program. You must log your exercise on line each week to receive points!

People already using My Fitness Solution are automatically enrolled.



To participate: log into the Mayo Clinic website via www.explorationwellness.com

You must be registered at the Mayo website.
Registration Unique ID: **healthiernasa**



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Log Out

[Reward Program](#) | [NASA HealthierYou](#) | [My Preferences](#)

Monitor My Health	Improve Lifestyle Habits	Manage Chronic Conditions	Make Treatment Decisions	Connect With Others	Health Info A-Z
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