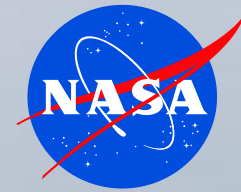


Fall Fitness Challenge



www.explorationwellness.com



Walk to Wellness

Receive a Free Online Gift!
When you reach your Walk to Wellness Challenge goal, you may select from several online booklets at the Mayo Clinic website.

Walk to Wellness: A 28-Day Walking Campaign Across NASA

Participants must enroll before Sept 20th at the [Mayo Clinic website](#)
Enrollment: Sept 1st – Sept 20th

Choose a goal level for walking alone or as part of a team.
28-Day Campaign runs: Sept 21st – Oct 18th
Log all of your minutes or steps by the deadline!

Post campaign grace period: Oct 19th – Nov 2nd



To participate: log into the [Mayo Clinic website](#)
Click on any Walk to Wellness text or logo.
This is NOT the same as the *Exercise Tracker*.

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