



www.explorationwellness.com

Fall Fitness Challenge



Walk to Wellness

Receive 5 Rewards Points!

When you reach your Walk to Wellness Challenge goal, you will automatically receive 5 points in the Employee Rewards Program!

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

Participants must enroll at the [Mayo Clinic website](#).
Enrollment: Aug/Sept - TBA

Choose a goal level for walking alone or as part of a team.
28-Day Campaign runs: Sept/Oct - TBA

Log all of your minutes or steps by the deadline!
Post campaign grace period: Oct - TBA



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**