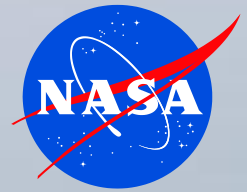


www.explorationwellness.com

Walking Challenge



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 (WTW): A 28-Day Walking Campaign Across NASA

Participants must **register** at: <https://www14.mayoclinicembodhealth.com/index.cfm?redirect=1>

Unique Identifier for registration is **healthiernasa**

Participants must **enroll** in WTW between Sept 1st - Sept 19th

<https://www14.mayoclinicembodhealth.com/programs/wlk/index.cfm?redirect=1>

Choose a goal level for walking alone or as part of a team.

28-Day walking campaign runs: Sept 20th – Oct 17th

Log all minutes or steps, must meet your goal by Oct 17th

Post campaign grace period: Oct 18th – Nov 1st

Grace period is use to catch up with data entry only, goal must be met by Oct 17th



To participate: log into the [Mayo Clinic website](#)

Click on any Walk to Wellness text or logo.

You must be registered at the Mayo website.

Registration Unique ID: **healthiernasa**

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