



www.explorationwellness.com

September Challenge



Walk to Wellness

Receive a free online gift and 5 Rewards Points!
When you complete the Walk to Wellness Challenge, you will receive an online gift from the Mayo Clinic and 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: August 18 - 31, 2009

Choose a goal level for walking alone or as part of a team:
28-Day Campaign runs: September 1 - 28, 2009

Post campaign grace period to log your minutes or steps:
September 29 - October 13, 2009

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