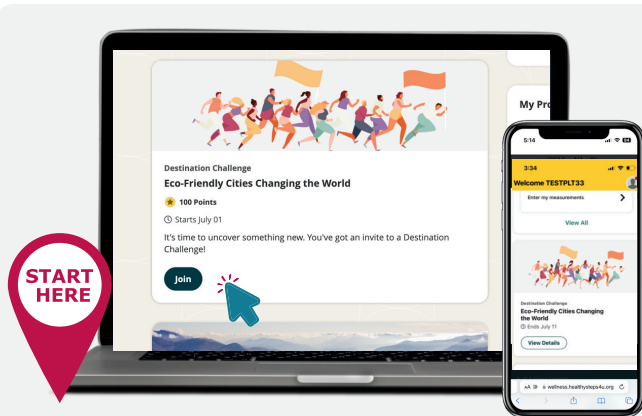


Join the Wellness Walk Challenge

Moving Together through Eco-Friendly Cities

Registration to form teams opens on 7/21; Challenge dates: 8/7 - 8/21

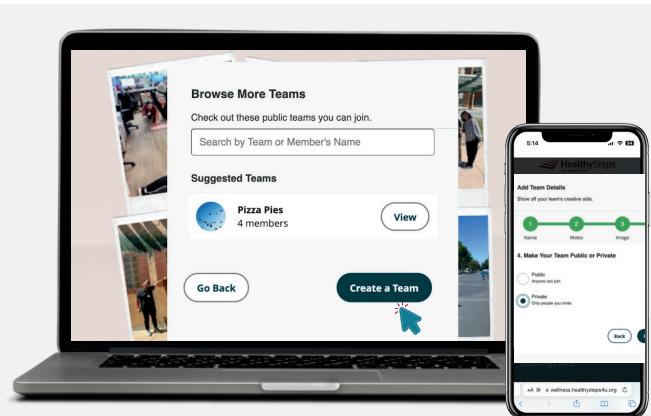


1. Login to the wellness platform.

(wellness.healthysteps4u.org)

2. On your platform homepage, scroll to the program tile titled “Destination Challenge: Eco-Friendly Cities Changing the World.”

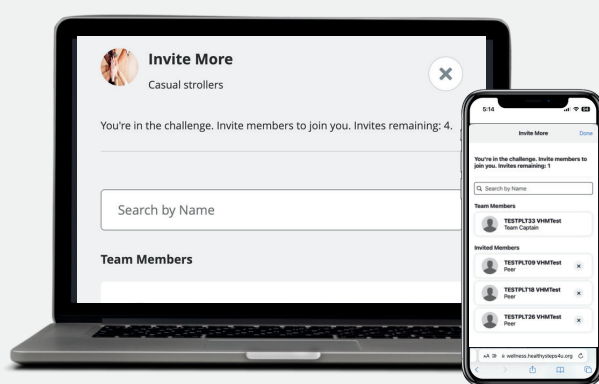
Click “Join” to review challenge details.



3. Create or Join a Team

(teams can have up to 5 people total)

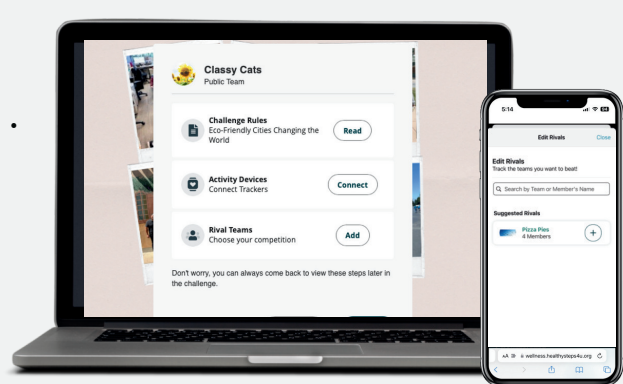
- Create a new team (add a name, motto, image, and choose public or private settings)
- Or join a suggested team
- Or search for a team by name



4. Invite your colleagues to join your team.

- For **private teams**, invite members manually
- For **public teams**, share your team name so others can find and join

Note: Colleagues must be registered on the wellness platform to join.



5. Once your team is set up, boost the fun by connecting a fitness tracker and picking rival teams for some friendly competition!

