



Rock the Walk, which will be a 6 week exercise challenge that encourages all participants to log at least 150 minutes of exercise each week, read a brief piece of education/health information, and take a short quiz or survey. Realistically, it should take participants no more than 5-10 minutes to complete these tasks weekly, but, we encourage our challenge members to explore the offerings (food logs, blogs, exercise guidance, etc.) that are available in the Wellness portal, and apply the information, tips and changes to their lives.

The challenge will take place from **Tuesday September 19th through October 31st**, with sign up being available starting on *Tuesday September 5th*. Weekly tasks will be due each Monday at 11:59pm, and that is important for participants who are vying for our many prizes that are being offered.