

WARHAWKS IN MOTION

UW-Whitewater Employee Movement Challenge

June 10, 2025 - November 11, 2025

Kickoff

Join us on June 10th for Warhawks In Motion kickoff. Meet at noon at the water feature/food trailer in the middle of campus for a walk/roll with Chancellor King and Willie the Warhawk!

What is Warhawks in Motion?

Warhawks In Motion is a friendly, team step/movement competition encouraging healthy living and exercise. This is open to all employees!

Employer Sponsored Activity

Participation in this challenge (plus completing the health assessment and a health check), earns you \$150! Visit webmdhealth.com/wellwisc onsin

How do I Sign Up?

There will be two ways to sign up:

- 1- As a team of 3-5
- 2- As an individual Super Stepper if you report 300,000 or more steps per week

Teams are to be composed of 3 to 5 people, with one appointed Team Captain

For More Information

Complete details and sign up information can be found on the Worksite Wellness website. For questions, contact the Wellness Team at 262-472-1024 or worksitewellness@uww.edu.

