



WYOMING ON WELLNESS

Got

HEART?

WALKING
CHALLENGE

FEB 1 - 28



Join us in our first step challenge and show your heart some love by getting out and walking. Learn valuable heart health tips along the way as you meet weekly step goals and earn the badges. Each badge earned throughout the challenge will earn you 250 points towards your monthly total.

Learn how your lifestyle and dietary habits can help your blood pressure while challenging yourself to hit the step goals.



Whole Grains

Feb 1 - 7

5,000 Avg. Daily Steps
250 points



Fruits and Vegetables

Feb 8-14

6,000 Avg. Daily Steps
250 points



Healthy Fats

Feb 15 - 21

7,000 Avg. Daily Steps
250 points



Hydration

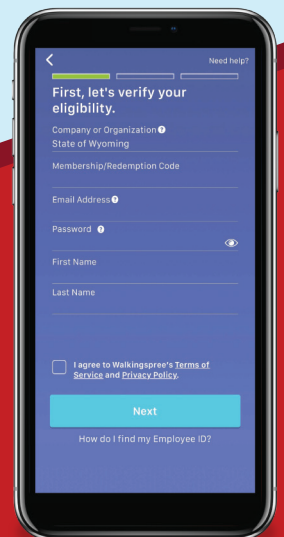
Feb 22 - 28

8,000 Avg. Daily Steps
250 points

REGISTER TODAY!



- ✓ Download and Open the Walkingsfree App
- ✓ Tap Sign Up
- ✓ Type in State of Wyoming for Company Name
- ✓ Membership/Redemption Code: **WYOMINGONWELLNESS**
- ✓ Connect your Phone and/or Devices by following the prompts



Be sure to open your Walkingsfree app every few days to update your steps! Fitbit and Garmin users should open the Fitbit or Garmin app first and then open the Walkingsfree app to ensure all steps are synced.

Walkingsfree will never share your data with outside parties. Your employer will only receive your step count for any incentives offered for challenges. You may participate within the app anonymously by choosing your own screen name.



Need help? Contact us at support@walkingsfree.com

