



WYOMING ON WELLNESS



WYOMING STATE PARKS TOUR

JULY 1 - AUGUST 11

Unleash the adventurous spirit within you and step up to a healthier, happier you! Calling State of Wyoming employees to join the free Wyoming On Wellness Step Challenge. Join us in this virtual journey across the splendid landscapes of Wyoming's treasured state parks, right at your own pace.



Uncover the rich history, scenic beauty, and diverse wildlife of each location as you take strides towards a better lifestyle. From the rugged grandeur of Keyhole State Park to the serene vistas at Bear River State Park, every step you take will reveal a new facet of Wyoming's natural wonders while igniting your wellness journey.

Are you ready to step into a healthier lifestyle and discover the beauty of Wyoming in a way you've never seen before? Join us and experience the transformation! Sign up today, and let's step towards wellness, together.

Earn 200 points in Walkingspree for each badge earned throughout the challenge!

If you visit any of the state parks during the challenge, send a photo to WyomingHealthyLife@CignaHealthCare.com to be entered into a raffle for a gift card! There will be a drawing done for each location so be sure to submit your photo for each location you visit!



KEYHOLE

Jul 1 - 7

5,000 avg. steps/day

200 POINTS



HOT SPRINGS

Jul 8 - 14

6,000 avg. steps/day

200 POINTS



EKW

Jul 15 - 21

7,000 avg. steps/day

200 POINTS



GUERNSEY

Jul 22 - 28

8,000 avg. steps/day

200 POINTS



CURT GOWDY

Jul 29 - Aug 4

9,000 avg. steps/day

200 POINTS



BEAR RIVER

Aug 5 - 11

10,000 avg. steps/day

200 POINTS



REGISTER TODAY!



- Download and Open the Walkingspree App
- Tap Sign Up
- Type in State of Wyoming and click the pop-up
- Membership/Redemption Code: **WYOMINGONWELLNESS**
- Connect your Phone and/or Devices by following the prompts

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

Walkingspree 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.

Click a marker on the map (inside the app) to learn interesting facts about each location.



Need help? Contact us at support@walkingspree.com

