



WYOMING ON WELLNESS

FEBRUARY 1 - 28



# PEACE OF MIND

PATH *to*



MINDFULNESS



GRATITUDE



PHYSICAL ACTIVITY



Join us for the first step challenge of 2024 and get moving for better mental well-being! We all experience stress in our everyday lives, let's step into Peace of Mind together with this 4 week challenge focused on boosting your mental health while staying physically active. Use your daily walk to clear your mind and get those steps in!

Earn all 4 badges to be entered to win 1 of 300 Wyoming State Park Passes!



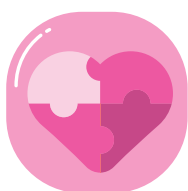
Feb 1 - 7

5,000 avg. steps/day



Feb 8 - 14

6,000 avg. steps/day



Feb 15 - 21

7,000 avg. steps/day



Feb 22 - 28

8,000 avg. steps/day

## Register Today

Already have an account? Great! You'll automatically be entered into the challenge this year. Follow the instructions provided to create/join a Team if you would like to.

- Download and Open the Walkingspree App
- Tap Sign Up
- Select State of Wyoming from the drop down.
- Membership/Redemption Code: **WYOMINGONWELLNESS**
- Connect your Phone and/or Devices by following the prompts

Open your Walkingspree app every couple of days to seamlessly sync your steps. Don't miss out on rewards, make every step count!

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.



Need Help? Contact us at [support@walkingspree.com](mailto:support@walkingspree.com)

