

MINDFULNESS

GRATITUDE



WYOMING ON WELLNESS

# Path to Peace of mind CHALLENGE

FEBRUARY 1-28



PHYSICAL ACTIVITY

Get moving for better mental well-being! We all experience stress in our everyday lives. Join your colleagues in this fun Step Challenge and let's work together to free our minds and invigorate our bodies.

**Earn all 4 badges to be entered to win 1 of 250 Wyoming State Park passes!**



FEB 1 - 7  
6,000 avg. steps/day  
1,000 Points



FEB 8 - 14  
6,000 avg. steps/day  
1,000 Points



FEB 15 - 21  
6,000 avg. steps/day  
1,000 Points



FEB 22 - 28  
6,000 avg. steps/day  
1,000 Points

## Register Today!

**1. DOWNLOAD**  
Download the Walkingspree App from the Google Play or App Store



**2. REGISTER**  
Select State of Wyoming from the drop down.  
Membership/Redemption Code: **WYOMINGONWELLNESS**

**3. CONNECT**  
Connect your device and start stepping!  
Choose your own screen name to be shown on the app!



**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)

