



WYOMING ON WELLNESS

Nutrition CHALLENGE

Challenge Dates: **July 28 - Sept 7**

Stay Active and Focus on your Nutrition for Healthy Living

Make the commitment to take time to focus on your nutrition and activity. Each leg of this challenge will focus on a different aspect of nutrition.

Track your progress in the Challenge tile in your Walkingspree app and learn valuable nutrition related information!



Drink Water
42,000 total steps



Eat Vegetables
84,000 total steps



Eat Fruits
126,000 total steps



Plant-based Food
168,000 total steps



Portion Control
210,000 total steps



Food Preparation
250,000 total steps

**Average 6,000 steps per day throughout the challenge
to complete the map and be entered to win a nutrition
related prize!**

REGISTER TODAY!

- 1 Download the Walkingspree App from the Google Play or App Store
- 2 Type in State of Wyoming for Company Name
Membership/Redemption Code: WYOMINGONWELLNESS
- 3 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.

