

Challenge brought
to you by:



WALKTTMBER

GETTING ACTIVE HAS NEVER BEEN EASIER...
OR MORE FUN.

Every step counts and the joy
of movement (and prizes)
will keep you motivated all
month long!

Nothing lifts your spirits or brightens your day better than a brisk walk in the cool autumn air. If you want to feel great this fall, step out and up to Walktober.

- Fill your Walktober tree with red, orange, or gold leaves for reaching daily goals
- Invite friends to join you for support or a little friendly competition on teams (optional)
- View vivid fall images from around the world for reaching milestones.

PRIZES WILL BE AWARDED TO:

- Most Engaged Individual
- Top 3 Finishing Teams
(based on average team score)
- Most Creative Team Name
- Weekly Raffles for those posting on the website

REGISTER TODAY!

If you need a Tracking Device, contact NMPSIA.Wellness@psia.nm.gov

<https://NMPSIA.Walktober.com>