



# Take 10K-A-Day Everywhere You Go!

Register for 10K-A-Day, then download the full-feature mobile app to:

- Log activity anytime, anywhere
- “Visit” exciting cities
- Give and get support on the wellness wall
- View and share delicious, healthy recipes

... and more!

**To get started, go to:**

<https://nmpsia.10kaday.com>.