



Break Your

Mental Blocks

Walker Tracker Activity Challenge

September 5 – September 30

Improve your Outlook this September by Breaking Your Mental Blocks!

Travel the Nakahechi trail in the Kumano Kodo, a beautiful trail in Japan used for reflection and pilgrimage since ancient times.

JOIN AT [NMPSIA Walker Tracker](#)



Prizes Awarded for:

Most Steps

Most Converted Activities

Most Improved

