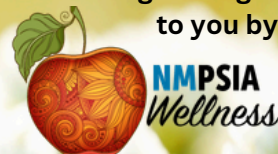


Challenge brought  
to you by:



# Spring into MOTION

**Shake off winter and step into spring!** Now's the perfect time to get outside, get moving, and reignite your fitness goals. This 4-week Step & Activity Challenge is a fun, energizing way to boost your motivation, enjoy the fresh spring vibes, and maybe even win some awesome prizes!

## WEEKLY PRIZES AWAIT!

- **First 75 to Register**
- **3 Most Engaged Individuals**  
(based on points, badges, team participation, friends, and challenge engagement.)
- **Top 3 Finishing Teams**  
(based on average team score)
- **Most Creative Team Name**  
(Chosen by NMPSIA Wellness Team)
- **Weekly Raffles for daily logging posting on the website**
- **Weekly Raffles for earning 15 points, each week.**

**Participate regularly for your chance to win some of these fun prizes:**

- Tumblers
- Cutting Boards
- Cooling Towels
- NorthFace Duffel Bags
- Kitchen Scales
- Nike Backpacks
- and so much more!



If you need a step-tracking device, contact [ahagerty@phs.org](mailto:ahagerty@phs.org)

**Register Today!**

Scan the QR code  
or go to  
<https://nmpsia.springintomotiontoday.com>

