

COMING SOON!

Solving the Puzzle of Moving More

Join the fun - learn how to move more



Solving the Puzzle of Moving More is a five-week challenge that provides tips and ideas to help you increase your levels of physical activity.

This challenge will also test your knowledge of the benefits to leading an active lifestyle.

Solving the Puzzle of Moving More is a worksite wellness challenge for employees that want to move more. Participants will earn points weekly for being physically active and bonus points for solving the Moving More crossword puzzle.

This activity will begin on _____ and end on _____.

For more information about the challenge contact _____ at _____

Solving the Puzzle of Moving More is brought to you by your worksite wellness committee.