



# AUGUST 15 – SEPTEMBER 11

## WALK THIS WAY

### STEP CHALLENGE

The **Walk This Way challenge** encourages employees to participate in a fun, competitive step challenge. Participants will log their daily steps, striving to meet 50,000 steps each week. Meet the weekly step goal to be eligible for the grand prize raffle!

**WEEKLY GOAL**

50,000 steps  
per week

### REGISTER BY AUGUST 14

Log in to your employee portal and select the My Wellness link on the Employee panel. Click the 'Challenges' tile on the homepage to automatically enroll in the challenge!

**Register by August 15 to be entered into a raffle to win a reflective exercise band.**

### LOG DAILY PARTICIPATION

Log in to your employee portal and select the **My Wellness** link on the Employee panel. Click on the '**Challenges**' tile, enter the total number of steps walked that day and click '**Save**'.

### GET REWARDED

Those who meet the weekly goals all four weeks of the challenge will be eligible for a grand prize raffle to win a \$250 Walking Company gift card!

For more info, please visit Wellbeing at YC.

**Yavapai**  
COLLEGE



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