



4 Week Fall Fitness Challenge

You are invited to join our
4 Week Fall Fitness Challenge!

This challenge is available to all
NTIC Wellness Program eligible
participants & spouses

**Wellness Program participants
will earn 75 points for
completing the challenge!**

Challenge will run for 4 weeks:

10/26/20—11/22/20

In order to earn your points, you
must log 150 minutes of activity
per week (Mon-Sun) on your
Health Advocate challenge portal.

To join the challenge, please contact Courtney Sexton **NO LATER THAN** 10/22 at
csexton@iu17.org or (570) 673-6001 x 2020