



# wellness challenge

Exercise your way to better health!

## Join the Springtime Shape-Up challenge!

**Challenge begins: 4/3/2023**

In this challenge, you'll aim to exercise at least 150 minutes each week. Exercising more can help you get fit, control your weight, and improve your overall health!

**Join the challenge today!**

**Visit [HealthAdvocate.com/members](https://HealthAdvocate.com/members)**

- ◇ Click on Springtime Shape-Up from your To Do List
- ◇ Click Join
- ◇ Start tracking your time exercised!

All participants who complete the challenge will earn 40 points towards the NTIC Wellness Program.

