Join us for the Western Wellness **Get Moving Challenge**. Sign up online for this team challenge during open enrollment, May 15th – 26th at [wmich.edu/wellness](http://wmich.edu/wellness). You may also sign up at the **Poker Walk**, Tuesday, May 23rd.

Your team may choose to walk, run, swim, bike, play basketball, do yoga or any other form of physical activity. You will begin tracking your minutes of physical activity Sunday, May 28th and continue through Friday, June 30th. Teams will track their total physical activity minutes on the team form during the five-week challenge. At the conclusion, they will email the form to Becky Argue at [bargue@holtynhpc.com](mailto:bargue@holtynhpc.com). Individuals will track their activity minutes each week by logging into their personal Holtyn webpage [www.holtynhpc.com](http://www.holtynhpc.com) by the end of the day on Fridays.

Weekly updates on which team is in first, second and third place and walking tips will be sent out each Monday.

**BENEFITS OF MOVING MORE:**

- Maintain a healthy weight
- Prevent or manage health conditions, including heart disease, high blood pressure and type 2 diabetes
- Strengthen bones and muscles
- Improve mood
- Improve balance and coordination
- The faster, farther and more frequently you move, the greater the benefits

**HOW TO PARTICIPATE:**

- Form a team of at least two people and agree to walk (swim, exercise class, bike, etc) together at least once per week
- Register online at [wmich.edu/wellness](http://wmich.edu/wellness) between May 16th -26th, or at the **Poker Walk** or call number below and talk to a Holtyn coach
- Record total minutes of activity weekly for both the team and each individual

**PRIZES:**

- At the end of the program the group with the highest number of minutes will win a $75 lunch at the new Valley Dining Center. There will also be a lottery drawing for a $25 gift card for participating.

**Questions:** Contact Becky Argue at [bargue@holtynhpc.com](mailto:bargue@holtynhpc.com) or 269-720-7582