



Your “*Step Into Wellness*”
program invites you to participate in



Physical Activity Challenge!

Get inspired to move more and experience all the fun this season of
renewal brings. Check out video:

<https://scusd.springintomotiontoday.com/#/welcome>

Registration is open!

Challenge start date: Monday, April 26, 2021

Last day to register: Friday, April 30, 2021

Competition ends: Sunday, June 6, 2021

Register online <https://scusd.springintomotiontoday.com> or download app

Team prizes (3-5 members to a team including the Leader)

First place

Leader prize: Fitbit and \$50.00 gift card.

Team members: Wireless speaker, yoga mat, and \$25 gift card.

Second place

Leader: Gym bag with water bottle, workout towel and \$25.00 gift card.

Team members: Choice of yoga mat or lunch cooler with healthy snack tube and water bottle

Individual prize drawings

Enter your activity(ies) each for the first 3 weeks and be entered into drawing to win \$25.00 gift card + yoga mat (5 winners)

Enter your activity(ies) each week for all 6 weeks to be entered into drawing to win \$25.00 gift card + yoga mat + drawstring backpack + healthy snack tube. (10 winners)

Sponsored by Kaiser Permanente

For questions about challenge: email healthybusiness2@gmail.com

For FAQs and technical support: go to website <https://scusd.springintomotiontoday.com>