

Get your walk on and revitalize your life with the joy of movement.

Brought to you by NMPSIA Wellness.







**Experience the joy of movement with this 31 day online walking program starting October 1st.** 

- Quickly track walking minutes or steps online
- Soak up awe-inspiring images of autumn brilliance
- Sample healthy, delicious new recipes







## Join this 31 day online walking program and look forward to:

- Reduced stress and tension
- Relief from mild anxiety/depression
- Improved ability to focus
- Feeling great more often.

October 1, 2022 to October 31, 2022





An active lifestyle is fundamental to feeling and being your best. Join Walktober, a revitalizing 31 day online walking program and you'll:

- Boost creativity
- Feel stronger and more energetic
- Enhance confidence and a sense of accomplishment
- Discover fun ways to move more year-round.

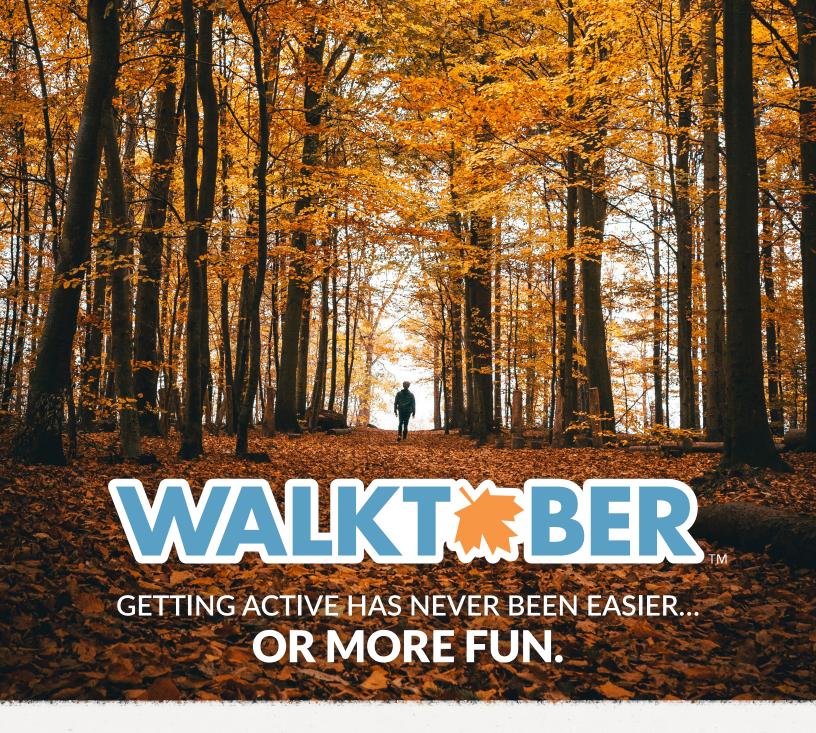




Sharing your Walktober experience with teammates makes it even more fun and motivating, with built-in support, idea-swaps, and high-fives.

Join or start a team by October 10th.





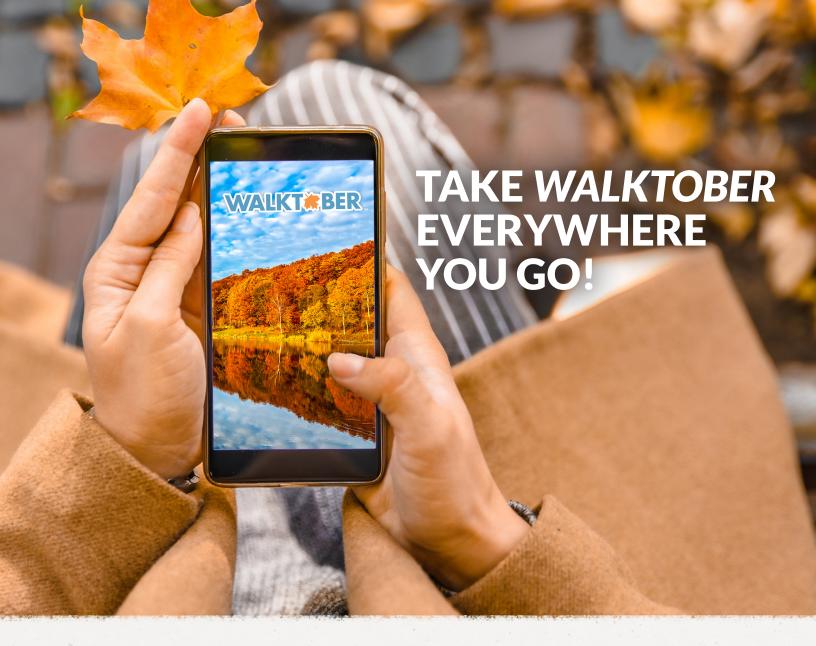
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Register no later than October 10th







Register for Walktober, then download the full-feature mobile app to:

- Log activity anytime, anywhere
- View breathtaking images
- Give and get support on the wellness wall
- View and share delicious, healthy recipes

... and more!

To get started, go to: https://NMPSIA.walktober.com

