

WALKT^oBER™

COMING SOON!

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

Brought to you by NMPSIA Wellness.



**New Mexico
Public Schools
Insurance
Authority**



NMPSIA
Wellness



WALKT^oBER™

GETTING ACTIVE HAS NEVER BEEN EASIER...
OR MORE FUN.

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



New Mexico
Public Schools
Insurance
Authority



NMPSIA
Wellness

Learn more at <https://NMPSIA.walktober.com>

BRIGHTEN YOUR MOOD WITH **WALKT****BER**™



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



New Mexico
Public Schools
Insurance
Authority



NMPSIA
Wellness

Learn more at <https://NMPSIA.walktober.com>



GET UP AND GET MOVING TO
FEEL FANTASTIC:
WALKTTMBER

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.

Learn more at <https://NMPSIA.walktober.com>



New Mexico
Public Schools
Insurance
Authority



NMPSIA
Wellness

WALKT BER TM



GATHER YOUR SQUAD.

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.



New Mexico
Public Schools
Insurance
Authority



NMPSIA
Wellness

Learn more at <https://NMPSIA.walktober.com>



WALKT^oBERTM

GETTING ACTIVE HAS NEVER BEEN EASIER...
OR MORE FUN.

Experience the joy of movement with this 31 day online walking program.

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

Register no later than October 10th

Learn more at <https://NMPSIA.walktober.com>



New Mexico
Public Schools
Insurance
Authority



NMPSIA
Wellness



TAKE WALKTOBER EVERYWHERE YOU GO!

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>

