



Get your school year off to a healthier start and get **Back to Basics!** Join us as we are *Working Well* with the Building Healthy Habits Virtual Walking and Activity Challenge.

All NMPSIA members are invited to participate
Registration opens August 16
Challenge Begins August 30 – October 1

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30

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It's easy to register go to: <https://nmpsia.walkertracker.com/>

Click on the **GREEN REGISTER NOW**
BUTTON

- In less time than it takes to eat your lunch, you can take a fun virtual journey across the United States
- Find out how small changes reap big rewards in your health and quality of life
- Get tips on: Physical Activity; Posture and Ergonomics; Nutrition; Managing Stress
- Special Bonus: Each week you will receive an email with a 5 minute podcast to help you with your habit changes
- Prizes will be awarded to the highest point earners. Most of all, Have FUN with NMPSIA colleagues across the state



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