



Get up and get movin'!

# Join Choose to Move

**Challenge begins: 04/18/2022**

In this challenge, you'll aim to exercise at least 150 minutes each week. Exercising more can help you reduce your risk of disease, get fit, and improve your overall health!

**Join the challenge today!**

**Visit [HealthAdvocate.com/members](https://HealthAdvocate.com/members)**

- Click on Choose to Move from your To Do List
- Click Join
- Start tracking your time exercised on the member website

Participants who complete the challenge will earn 40 points towards the NTIC Wellness Program.



**888.493.5522**

[HealthAdvocate.com/members](https://HealthAdvocate.com/members)

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