

COMING SOON!

# Solving the Puzzle OF MOVING MORE



JOIN THE FUN—LEARN HOW TO MOVE MORE.

## Solving the Puzzle of Moving More

is a worksite wellness **challenge** for employees who want to **move more**. Participants will earn points weekly for being **physically active** and bonus points for solving the **Moving More crossword puzzle**.

## Solving the Puzzle of Moving More

is a five-week challenge that provides **tips** and **ideas** to help you increase your levels of physical activity.

This challenge will also test your knowledge of the **benefits** to leading an **active lifestyle**.

This activity will begin on \_\_\_\_\_ and end on \_\_\_\_\_.

For more information about the challenge contact

\_\_\_\_\_ at \_\_\_\_\_.

**Solving the Puzzle of Moving More**  
is brought to you by your worksite wellness committee.

WORK  
Well NC