

COMING SOON!

Smart Steps TO GOOD HEALTH

This **challenge** will help you take easy steps toward a **healthier YOU** by increasing your **daily** physical activity.

NO EXERCISE INVOLVED. JUST MOVE MORE

Sign Up for Smart Steps begins on _____

The Challenge will begin on _____

and end on _____

Don't be left out! Join the **FUN**
Gain more **energy** and **feel better!**

For more information about Smart Steps, contact the activity coordinator

at _____

This activity is presented by your Worksite Wellness Committee

WORK
Well NC