

MMHG WELLNESS PRESENTS:

MOVE MORE! FALL WALKING & ACTIVITY CHALLENGE October 5th– November 15th



Move More is a 6 week team-based activity challenge through the Wellable platform/app where you view your progress and your team's progress. It's easy to sign up and easy to use!

Challenge your Coworkers & Spouse. Your MMHG member unit will be your team, so encourage your coworkers to join. Retirees & dependents over age 18 from MMHG member units are also eligible to participate in the program. The team that earns the most points will win a prize!

Win Prizes. All participants who register for the challenge and log activity each week will be entered in the weekly raffles and grand prize raffle.

Get Motivated. We'll send you weekly emails with tips and update the Challenge bulletin board with walking and activity resources to help keep you on track. Have fun while you track your team's progress and "compete" with other MMHG member units!

Move More. Every journey begins with a single step. Move towards your fitness goals by signing up for the ***Move More Challenge!***

Weekly Raffles:

October 12th	2—\$25 Gift Card Vouchers
October 19th	2—\$25 Gift Card Vouchers
October 26th	2—\$25 Gift Card Vouchers
November 2nd	2—\$25 Gift Card Vouchers
November 9th	2—\$25 Gift Card Vouchers
November 16th	2—\$25 Gift Card Vouchers

Grand Prize Raffle— November 16, 2026

- 3- \$50 Dicks Sporting Goods Gift Cards
- 2- \$50 Amazon Gift Cards
- 4- \$25 Amazon Gift Cards

Winning Team Prizes:

The MMHG member unit team that earns the most Wellable points during the challenge will win an insulated tumbler for each team member. We'll choose another team randomly by raffle to win an insulated lunch tumbler too!

All registered participants in the MMHG Move More Challenge that log activity on the Wellable website each week are eligible to win prizes in the weekly raffles and the grand prize raffle. Grand prize raffle and top team prize to be announced by email on November 16th.

Visit our website at www.mmhg.org/wellness

Always check with your doctor before beginning an exercise program.

How to Participate— Registration Begins October 1st

You'll need a MMHG/Wellable Account:

~Create a MMHG/Wellable Account at: <https://app.wellable.co/mmhg>. Once you've successfully registered you'll receive an email with log in instructions and information on how to connect & get started.

~If you already have a MMHG/Wellable Account from participating in previous MMHG Challenges, you're all set! Just log into your MMHG/Wellable account at <https://app.wellable.co/login> and check the challenge bulletin board for information on how to get started.

Having Trouble Registering or Logging in? Send an email to support@wellable.co