

MMHG WELLNESS PRESENTS:

MOVE MORE! FALL WALKING & ACTIVITY CHALLENGE

September 13th– October 24th

Weekly Raffles:

September 20th	2—\$25 Gift Card Vouchers
September 27th	2—\$25 Gift Card Vouchers
October 4th	2—\$25 Gift Card Vouchers
October 11th	2—\$25 Gift Card Vouchers
October 18th	2—\$25 Gift Card Vouchers
October 24th	2—\$25 Gift Card Vouchers

Grand Prize Raffle— October 27th, 2021

- 1- \$50 Dicks Sporting Goods Gift Card
- 1- \$50 Amazon Gift Card
- 6- \$25 Target Gift Cards

Winning Team Prizes:

The MMHG member unit team that earns the most Wellable points during the challenge will win a resistance band to-go kit for each team member. We'll choose another team randomly by raffle to win a to-go kit too!

All registered participants in the MMHG Move More Challenge that log activity on the MMHG/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 October 27, 2021.

Learn more about MMHG Wellness at www.mmhg.org/wellness

Follow us on [Twitter](#) & [Instagram](#)



Move More is a 6 week team-based activity challenge with user friendly online tracking that helps 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 new challenges and update the MMHG/Wellable online bulletin board with walking and activity tips to help keep you on track. Have fun while you track your team's progress and "compete" with other MMHG member units! Join MMHG Wellness on [Instagram](#) for more encouragement and wellness information.

Get Healthy. Every journey begins with a single step. Start your journey to better health right now by signing up for the *Move More Challenge!*

How to Participate— Registration Begins September 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