

Walk for Wellness Step Challenge

It Doesn't Matter What Shoe You Wear to Start Walking

Join us for a 4-week challenge among our 30,000+ hospital employees across the District for a friendly competition to improve your health and well-being.

It's Easy: Sign Up, Download App and Start Walking

The Challenge

- 4-week challenge: January 16 - February 12, 2023
- Join as an individual or as a team of 4-8 people
- Receive a Healthy Hospital Initiative fanny pack with water bottle holder when you register

Details

- Participants must stay active for all four weeks to be eligible to receive a prize
- The individual and team with the most steps will be awarded the winner

Step tracking app provided by  Vantage Fit

Prizes

- Individual award: \$250
- Team award: Up to \$2,000 (dependent on team size)

Click Here to Register by January 12, 2023

**HEALTHY
HOSPITAL
INITIATIVE**



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