

The PAISBOA Health Benefit Trust Walking Challenge

THE POWER OF STEPS

March 20th – April 30th

Join our 6-week virtual step challenge to discover how daily movement can transform your health. You will walk your way across Canada, from Victoria to St. John's, tracing a path that reveals how your body responds to consistent, intentional movement.

How to Participate

- Join your school's team and log at least 7,500 steps per day. ***Your team will progress along the map based on the team's average total steps.***
- Connect your wearable fitness tracking device or smartphone with the Be Well app to sync your steps.
- If you do not have a compatible device manually enter steps via your web browser.

Win Prizes

- Individuals may participate in weekly pop-up raffle challenges for a chance to win prizes! Five (5) winners will be randomly selected from those who qualify each week. *Check your notifications or the challenge discussion board each week for the raffle challenge and winners!*
- Member schools compete as a team* for three chances to win a Grand Prize.

Grand Prizes will be awarded to:

- First team to reach the challenge finish line
- Most improved team
- Team with the most participation

**Teams must have 5 or more members to be eligible for the Grand Prize.*

Register Today!

Download the Terryberry Be Well app (required to connect a device) or register via [browser](#).

If registering in the app:

- Click 'Create an account' and enter our program URL: paisboahbt.thrives.app
- Follow the prompts to create your profile and connect a device.

Please select your member school from the Team drop down when prompted.

