

# The PAISBOA Health Benefit Trust Walking Challenge

## BUILDING HEALTHY HABITS

**March 20 – April 30**

Join our 6-week step challenge and take a virtual journey across the United States! Start in the stunning Pacific Northwest and make your way toward the scenic beauty of the Great Smoky Mountains and the Blue Ridge Mountains. Along the way, you'll hit exciting milestones and receive tips for building healthy habits that will help you lead a happier, healthier life!

### How to Participate

- Each member school may compete as a team to reach an average of 7,500 steps per day to reach the finish line before the challenge ends on April 30th.
- Connect your wearable fitness tracking device or smartphone with the Terryberry **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.
- Member schools will compete as a team\* for three chances to win a Grand Prize.

#### Grand prizes will be awarded to:

- The team to cross the finish line first
- The most improved team
- The 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).

Enter our program URL:

[paisboa.thrives.app](https://paisboa.thrives.app) or [register via a web browser.](#)

During registration, select your member school from the Team drop down when prompted.

