

2024



Health PEI
EMPLOYEE WELLNESS TEAM

STEP CHALLENGE

JUNE 3-30, 2024

To meet your step goals and improve your health, consider activities like walking, running, biking, or any exercise you enjoy. Remember, every step contributes to your well-being!

You can log your weekly steps in the Survey Monkey link provided
www.surveymonkey.com/r/NYVSB6G

You have the flexibility to enter them weekly or all at once at the end of the challenge.

Prizes will be drawn July 4, keep stepping towards a healthier you!

For more information contact
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SURVEY MONKEY

