



**Health PEI**  
EMPLOYEE WELLNESS TEAM



# 2023 STEP INTO SPRING

# CHALLENGE

**MAY 8<sup>TH</sup> TO JUNE 2<sup>ND</sup>, 2023**

## HOW THE CHALLENGE WORKS:

Email [HPEIEmployeeWellness@ihis.org](mailto:HPEIEmployeeWellness@ihis.org) to register or to ask any questions you may have.

Each week click on the Survey Monkey links to register your steps for the week and a chance to win a gift card. The total steps for all 4 weeks will be captured in the week four Survey Monkey link (*which has been sent to your HPEI email*).

**Week 1:** [www.surveymonkey.com/r/MRCZ65H](http://www.surveymonkey.com/r/MRCZ65H)

**Week 2:** [www.surveymonkey.com/r/5SCNBJR](http://www.surveymonkey.com/r/5SCNBJR)

**Week 3:** [www.surveymonkey.com/r/5SWDJKB](http://www.surveymonkey.com/r/5SWDJKB)

**Week 4:** [www.surveymonkey.com/r/MTKS3SQ](http://www.surveymonkey.com/r/MTKS3SQ)

You can challenge your colleagues by posting the group spread sheet in your department (*included in the original email*).

All those participating will receive a physical wellness pin! This will be one of the 8 pins you can earn to complete the **Wellness Wheel**.

If you have step counter great, if not no worries!  
An average person takes 1300 steps every KM walked. To walk a KM, it takes 10 to 12 minutes at a moderate pace.



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