

Compete in the 5K-a-Day **STEPS CHALLENGE!**

Track your steps. Meet the goal. Get rewarded.



Take at least
5,000 steps a day
for 21 days in April.



Track your steps and
enter them every day in
your Healthy Lifestyles
account.



Meet the
challenge goal and
get rewarded with
3,000 points.

Sign up at MyHealthyLifestyles.com