

The 2008 May Madness

ACTIVITY CHALLENGE



An ALL district, MONTH long, ACTIVITY Challenge...

...in conjunction with the Healthiest State Campaign's Spring Training Challenge!

May 1 – 31, 2008

Prizes for:

Most Miles Earned

Most Creative Team Name

Most Inspirational Individual

All DISTRICT Employees can participate in teams of up to 10 individuals. This year ALL healthy activity counts, including BONUS miles for getting enough sleep, drinking enough water, eating right, and answering questions about health!

And, NO PEDOMETERS REQUIRED!

Help us go around the earth 25 times!



Register now at www.HealthiestState.org.

Questions? Contact Heather Pitre, 206-438-6113 or HeatherP@whf.org.

You can also start early and join the Healthiest State Campaign's Spring Training Challenge which runs April 22 – May 31. Make your miles count in both challenges!



This event is sponsored by Steps to Health, King County in partnership with the Washington Health Foundation—together, working to make Washington the Healthiest State in the Nation!

