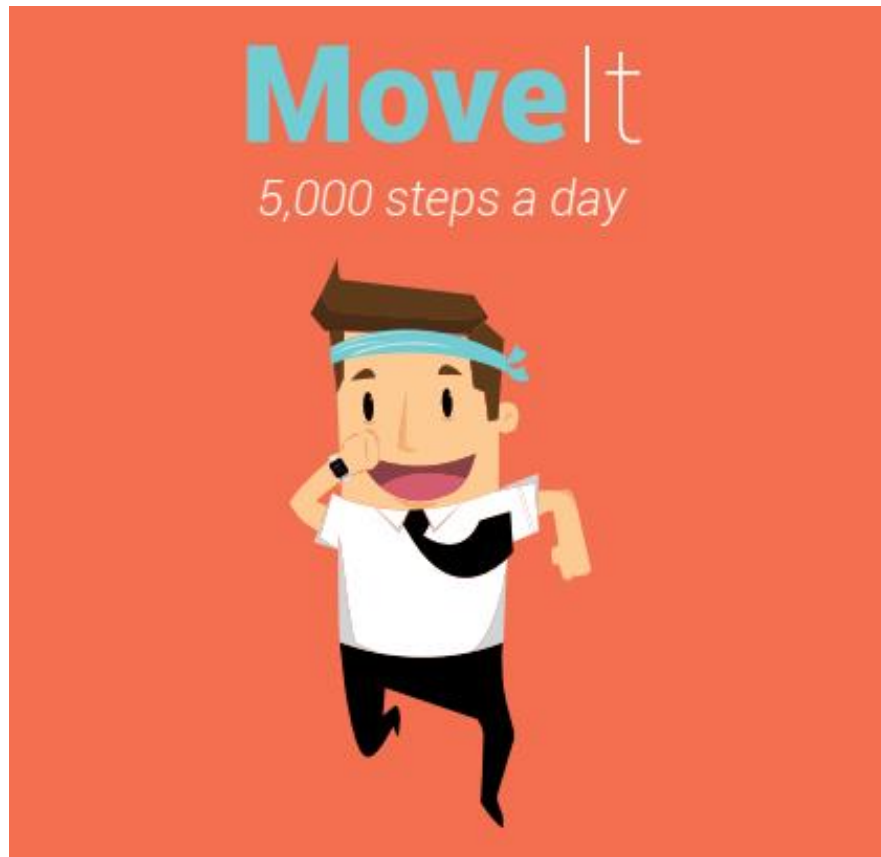


# March Wellness Challenge

Remember to track your progress on your Living Well Tracking Sheet!



The Move It Challenge invites you to take 5,000 steps a day for 25 days out of the next 30 days. It's not hard to walk 5,000 steps in a day. It's only 2.5 miles (4 kilometers). The trick is doing it every day (or almost every day). That's the habit this challenge is trying to build—a minimum amount of activity each day. Moving will help you feel better, look better, and be happier!

You can make this challenge a lot easier if you have a step tracker. Use a simple pedometer, which can cost less than \$10, or you can download a free pedometer app onto your phone. Don't be intimidated by this goal if you're not very active. Depending on your environment, you may actually take 5,000 steps a day with your normal activities. If this is the case, great! If not, find ways to add steps to your day. The trick may be the days that are not your norm, like weekends or when traveling. Whatever your environment, moving 5,000 steps a day will have a positive impact on your life.