

# JTMO Wellness Challenge!

*Walk or Bike to Work	Take a lunchtime walk	Discover a new trail	Go for a bike ride after work
*Walk or bike to a co-worker's house, carpool in	Join a local bike club and go for a social ride	Walk or bike to the train station at the weekend	Join a CSA or farm delivery service
Park your car in the furthest space you can find from the front entrance	*Walk, bike, or run one-way to/from work	Walk or bike to your local grocery store	Take a bike ride with your family
Go for a morning walk, run, or bike ride before work	*Walk or bike to the train station for work	Take the train for a weekend car-free destination	Sign up for a local 5k race or go kayaking/canoeing
Walk or bike to your local farmer's market	Sign up for a new fitness class	Get a massage or acupuncture	*Park a few miles from work, bike the rest of the way in

## Rules:

1. Challenge runs from July 22nd-Aug 23rd 2019
2. Every week, choose 2 activities (one must be a (\*) activity. Send an email by Monday morning of the following week stating which 2 activities you completed (or snap a picture of this form marked with the activities you completed) for a chance to win a \$50 gift card every week!
3. Snap a pic of you in action for an additional entry! Try to switch it up every week!
4. Complete all four weeks for the chance to win our grand prize-a \$200 gift card!