



LiveWell Vermont 5K Fitness Challenge

APRIL 7–MAY 18, 2014

- Begin a six-week journey to complete a 5K (3.1 miles)
- Create a team or participate solo
- All levels are welcome
- Any form of exercise or physical activity counts
- Stay active and track your progress!
- Earn entries toward weekly wellness drawings!

Complete this challenge as part of the "One Life, Live it Well" 2014 Incentive Campaign!

Visit <https://mybluehealth.bcbsvt.com> to sign up.