

LEARN NEW STRETCHES AND
INCREASE FLEXIBILITY

*Keep Calm
And
Stretch On*

**CHALLENGE
RUNS:**

Aug 20 - Sept 9

**REGISTRATION
OPENS:**

Aug 6 - Aug 26

EARN 60 POINTS TO *SERENE*,
IN THE 2018 WELLNESS: YOUR WAY INCENTIVE PROGRAM

COMPLETION REQUIREMENTS:

- 1) GET 8,000 OR 12,000 STEPS/DAY
FOR A MINIMUM OF 15 DAYS
- 2) COMPLETE ALL WEEKLY TASKS BY 9/9

Sign up Individually or with a Team!
Registering solo? Join the LiveWell Vermont Team!
Registration Instructions at: <https://mybluehealth.bcbsvt.com>

Keep in mind: ANY ACTIVITY will
count towards your daily steps!

