



GROUP CHALLENGE

Walk It Out

April 8 - May 19, 2024

Registration open: March 25 – April 14, 2024

Walk, run, or jog towards
7,000 total steps per day.

Follow these simple steps to join. Go to
bostonwellness.livehealthyignite.com. Click JOIN NOW

Enter your group code: **wickedhealthy**

Questions?

info@navigatewell.com

888-282-0822



Don't forget to download the Navigate Wellbeing app for a convenient and easy way to track your activities. The app is available as a free download in the Apple App Store and Google Play App Store! Scan the QR code to download.

