


# LET'S GET MOVING



## IGNITE YOUR FITNESS JOURNEY!

# JULY 6 - AUG 2

✓ **Weekly Workouts**  
from Coach Travis.

✓ **Easily log your steps &**  
**movements on Sundays.**

✓ **Earn Individual Awards**  
**& Prizes for moving.**

✓ **Challenge each other**  
**to claim the team title!**

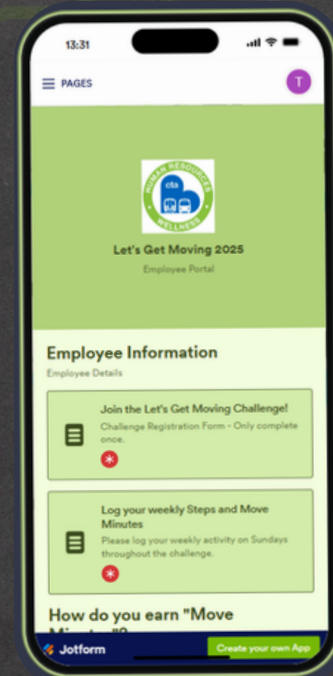
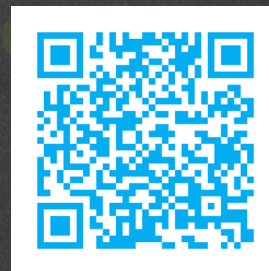
### How to Get Started:

**Step 1:** Click the link or scan the QR code to get to our app: [bit.ly/LGM2026](https://bit.ly/LGM2026).

**Step 2:** Save the link to your desktop or homescreen for easy access all month long.

**Step 3:** Complete the **“Challenge Registration Form”** and choose a Team based on your work location: North, South, West or Central.

**Step 4:** Get Moving!



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