



# Put your best foot forward



We're challenging you to step up to better health!

## Take the Move More Challenge:

- Grab some coworkers and form a team of six.
- Choose a team captain and name.
- Use your pedometer to record your steps for five weeks.
- Convert other activities to steps using the Step Converter.
- Report your steps to your team captain every week.



Moda Health offers free, one-on-one health coaching to help you get active and make other healthy lifestyle choices. Call 877-277-7281 (TTY users, dial 711) or email [careprograms@modahealth.com](mailto:careprograms@modahealth.com).

## > Move More Challenge



# Step up to better health



Experts say that adults should take 10,000 steps and get 30 minutes of exercise every day. Walking is one of the best ways to do that, so let's get moving!

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