

52 West Michigan Companies Participated in the $\mathbf{6}$ Week Challenge
COMPLETING OVER A BILLION STEPS

2,635 participants have walked over 499,494 miles!

This is further than a trip to the moon and back!


5 BENEFITS OF WALKING

1. Reduces stress and anxiety
2. Improved flexibility
3. Improved balance and coordination
4. Improves circulation
5. Strengthens muscles, ligaments and tendons

## SUCCESS STORIES

4
People walked \& marched at their desks vs sitting down
People parked car in furthest spot from door
Walking meetings were scheduled vs in a conference room
People started carrying in groceries one bag at a time to achieve more steps Spouses and pets made great companions for walks and benefited from the activity Lunch hours were spent walking outside Internal team competitions made it fun



