

# MOVE MORE ACTIVITY CHALLENGE



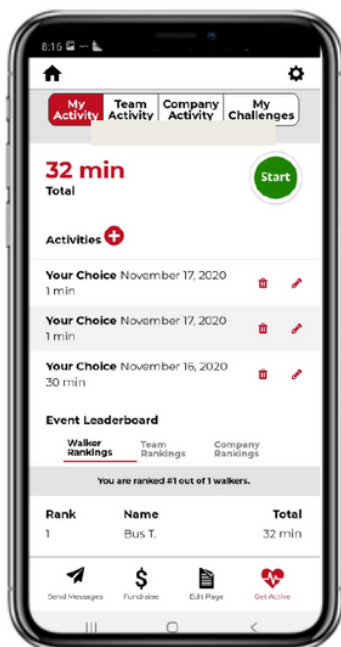
## MAY 15TH - JUNE 13TH

Join us and compete against other teams! The goal is to add in more activity each week. Whether you walk, run, hike or ride, your activity will count towards your team and company movement-total!



### HOW IT WORKS:

1. Download or update your **HEART WALK** app and get registered for [Lawyers Have Heart!](#)
2. You've got 4 weeks to log your minutes. See if you can reach 150 minutes a week!
3. Any way your move counts! You can run, walk, dance, or ride a bike!
4. Keep in eye on your [#RunLHH leaderboard!](#) Top movers each week will WIN!



The participant with the **MOST** logged minutes each week will win a prize of a **\$200 Gift Card to the Georgetown Running Store!**

### CHALLENGE WEEKS

- Week 1** May 15 - May 21
- Week 2** May 22 - May 28
- Week 3** May 29 - June 4
- Week 4** June 5 - June 11

Move More Challenge  
Locally Sponsored by:



### GRAND PRIZE WINNERS

- 1st** \$1200 Gift Card and original Heart Artwork
- 2nd** \$700 Gift Card
- 3rd** \$400 Gift Card

**\*\*MOST MINUTES OF ACTIVITY BY JUNE 14TH WIN THE ABOVE PRIZES TO GEORGETOWN RUNNING STORE**

