



# **MSU** WORKPLACE WALKING CHALLENGE

.....  
**OCTOBER 5TH**  
THRU  
**NOVEMBER 16TH**  
.....

## **WHO WILL WALK MORE SPARTANS WILL.**



Health Promotion  
MICHIGAN STATE UNIVERSITY

Open to MSU Faculty & Staff. MSU will compete with other wellness-minded Michigan Organizations in a 6-Week Virtual Walking Challenge, October 5th thru November 16th. We encourage you to get active while helping MSU compete as a group for recognition! Awards will be presented to the organizations with the best participation rate and the greatest average number of steps per employee. We will also have fun weekly challenges along the way.

Already registered? Visit [spartans.giveawow.com](https://spartans.giveawow.com) to connect to the Walking Challenge portal.  
For questions regarding the Workplace Walking Challenge, please contact: [msuwalks1855@gmail.com](mailto:msuwalks1855@gmail.com)

To register, visit: [bit.ly/msuwalks](https://bit.ly/msuwalks)