

Register NOW! Online Wellness Challenge:

Spring Into Motion



Today's the day—[register for Spring Into Motion!](#)

Registration for *Spring Into Motion* is now open. In this 4-week program, you choose what physical activity you'd like to do each day for 6000+ steps (using a tracking device or the Step Converter tool) as you earn points, badges, and learn about *Spring Things*—from adorable wildlife and vibrant blossoms to destinations and weather patterns.

Plus, there are helpful resources, interesting articles, a friendly team competition and Friends feature for support and camaraderie, and a fun daily quiz.

Spring Into Motion is your invitation to sample something new—like orienteering, volleyball, or inline skating—while you get outside and start moving again to rejuvenate your fitness goals. Learn more and [register today!](#)

How Does It Work?

Each week you'll experience a new Spring Thing; once you record activity, the daily image will become clear and you can test your knowledge with a fun trivia question (no points, no pressure). Plus, when you log *at least* 6,000 steps—using a tracking device or the Step Converter tool to change exercise minutes to steps—you'll earn points, colored rings, and the chance to collect badges.

Your goal is to earn 60 points (15+ a week) by logging (using a tracking device or the Step Converter tool) 6,000 or more steps a day, 5 days a week. If you're not able to reach 6,000 steps at the start, *Spring Into Motion* inspires you to do more every day on the way to your goal.

Register Now!

Be sure to [sign up for Spring Into Motion](#) before Monday, April 11.

Win BIG! And Spring Into Motion!

Individual Winners

- 1st Place: \$250 Gift Card
- 2nd Place: \$100 Gift Card

- 3rd Place: \$50 Gift Card

Team Winner

- \$50 Gift Card for each team member

Learn more about [Spring Into Motion!](#) The Challenge begins on **Monday, April 4!**

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