

Online Physical Activity Challenge:

Walktober



It's Time to Step Up to the Challenge

Today's the day—[register for Walktober!](#)

Download the Mobile App



Enter this code to complete registration on the app: JFLRT3

Walktober is here! Get your walk on with this 31-day challenge.

- Fill your *Walktober* tree with red, orange, and gold leaves for reaching daily goals.
- Invite friends to join you for support or some healthy competition in teams (optional).
- View vivid fall scenes from around the world for reaching milestones.

Nothing elevates your spirits or brightens your day better than a brisk walk in the cool autumn air. If you want to feel great this fall, step out and up to *Walktober*. An active lifestyle is fundamental to feeling and being your best!

Register for *Walktober*, then download the full feature mobile app to:

- Log activity anytime, anywhere
- View breathtaking images
- Give and get support on the Wellness Wall
- View and share delicious, nutritious recipes
- Connect with friends and teammates on the go

[Register today!](#)

How Does It Work?

It's a fun and inspiring way to take advantage of autumn's cool temperatures and spectacular views as you step out and step up to better health. You'll be taken on a virtual color tour through some of the world's most vibrant, breathtaking landscapes — while boosting energy, improving mood, and making walking a priority...for life.

What is the goal?

Your goal is to collect 20 leaves – 1 leaf each day, when you log 6000+ steps, for the 31-day program. You can use a tracking device, enter manually, or add exercise minutes that convert automatically. See how many leaves you can add to your *Walktober* tree!

Earn 1 leaf a day, 5+ days a week by tracking steps:

6000-7999 steps = **Red leaf** (3 points)

8000-9999 steps = **Orange leaf** (4 points)

10,000+ steps = **Gold leaf** (5 points)

Register Now!

Be sure to [sign up for Walktober](#) by Monday, October 6.

Level Up wants everyone to have an opportunity to win and remain engaged! We will award participants in the following categories:

- **Individual Competition Winners**
Apple iPad (1st Place), Apple Watch (2nd Place), and Apple AirPods Pro (3rd Place)
- **Random Registration Drawing**
Two lucky participants will be drawn at random to win a Beats Pill Wireless Bluetooth Speaker
- **Weekly Prizes**
A \$50 gift card will be awarded to one lucky participant each week
- **Team Prizes**

A \$100 gift card will be awarded to each member of the team who wins 1st place in this challenge

*Household members are not eligible to receive incentives/prizes – only Prince George's County Government employees.

Learn more about [Walktober!](#)
The challenge begins on Wednesday, October 1!

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