



Nutrition

CHALLENGE

March 1 - 20

Stay Active and Focus on your Nutrition for Healthy Living

Celebrate Nutrition Month this March by moving more and building healthy habits that last! Join our Step Challenge and aim to average 8,000 steps per day throughout the month.

Whether it's a lunchtime walk, an evening stroll, or choosing the stairs, every step counts toward better health.



Drink Water
25,000 total steps



Eat Vegetables
50,000 total steps



Eat Fruits
80,000 total steps



Plant-based Food
110,000 total steps



Portion Control
135,000 total steps



Food Preparation
160,000 total steps

Participants who meet the 160,000 total step goal throughout this 20 day challenge will successfully complete the challenge and be entered to win a HelloFresh gift, making it even easier to fuel your body with nutritious, delicious meals.

Let's move more, feel better, and nourish our bodies, one step at a time!

REGISTER TODAY!

Already Registered? Great! Simply open the Walkingspree app to sync your steps and participate in the challenge.

- 1** Download the Walkingspree App from the Google Play or App Store
- 2** Enter Company Name Exactly as: **Williamson County**
Register using your last name and date of birth
- 3** Connect your device and start stepping!

Choose your own screen name to be shown on the app!

Open your Walkingspree app every couple of days to seamlessly sync your steps. Don't miss out on rewards, make every step count!

Walkingspree will never share your data with outside parties. Your employer will only receive your step count for any incentives offered for challenges. You may participate within the app anonymously by choosing your own screen name.

