



## 2017 iWalk Challenge Returns this Summer to Promote Healthy Activity

St. Joseph Health's Work Healthy Live Healthy program is again sponsoring the iWalk Challenge this summer. The challenge, which starts June 12 and runs through August 8, encourages participants to get at least 150 minutes of exercise per week by participating in physical activity of their choice, with an emphasis on walking.

Both individuals and teams are invited to participate and compete for weekly prizes and awards at the end of the challenge. It's a great way for employees to form new, healthy habits around recommended levels of regular aerobic exercise.

The iWalk Challenge will be hosted on an all new Live Healthy portal with upgraded features and resources. Registration opens May 22. To register your organization or for more information, contact [teresa.scott@stjoe.org](mailto:teresa.scott@stjoe.org).

Visit the [iWALK website](#) for employer toolkits, a calendar of healthy events, local trail maps and more.

