

COMING SOON!

Faithful Families Virtual WALKING CHALLENGE

This challenge will help you to **move more** by offering simple suggestions to increase **physical activity** and **stay healthy** through walking.

The **weekly newsletters** and **Walking Log** will make it easy for you to earn and track your **Walking Challenge points**.



SIGN UP NOW!

DON'T BE LEFT OUT! JOIN THE FUN.

This challenge will **begin** _____
and **end** _____.

For more information about the challenge, contact

_____ at _____.