

Online Physical Activity Challenge:

Walktober



NEW Fall Challenge!

Sign up—[register for Walktober!](#)

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 lifts 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 Friday, October 4.

Level Up is switching it up with the prizes. We want 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 an Apple HomePod mini
- **Weekly Prizes**
A \$50 gift card will be awarded to one lucky participant each week
- **Team Prizes**
A \$50 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 Tuesday, October 1!**

Office of Human Resources Management
1400 McCormick Drive
Largo, MD 20774
301-883-6330

