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| **COMING SOON!**  **APRIL 7, 2025 – MAY 4, 2025**  *Embark on an adventure through the breathtaking Grand Canyon! Explore iconic spots like the North Rim, trek along the North Kaibab and Bright Angel Trails, and pass through the scenic Kachina Trail and Prescott National Forest. Walk an* ***average of 6,000 steps per day*** *for* ***four (4) weeks*** *and let the canyon’s stunning views inspire every step of the way!*  ***Sign ups for the challenge begin March 24th, 2025*** |
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| SIGN UP  REGISTER FOR THE CHALLENGE   1. Log into your Wellness portal on the Wellworks for You app or online at **www.wellworksforyoulogin.com** 2. Click **Challenges** from the portal homepage 3. Select the **Grand Adventure Challenge** and click **Activate** 4. Select how you would like to appear on the leaderboard and click **Activate**   *\*Google Chrome is the recommended browser when participating in challenges on the Wellness Portal.*  ***STAY TUNED FOR MORE DETAILS!***  **FORGOT YOUR USERNAME OR PASSWORD?**  Login to [www.wellworksforyoulogin.com](http://www.wellworksforyoulogin.com/) and select Forgot Username or Forgot Password. Follow the proceeding instructions to retrieve your username or password. |
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| **WELCOME TO WEEK 1!**  Congratulations on taking the first step to improving your health by joining the Grand Adventure walking challenge! Join your coworkers on a **virtual tour through the Grand Canyon**. We will begin our **four (4) week team virtual walking challenge** at the North Rim of the Grand Canyon on the Arizona Trail. Enjoy the beautiful scenery throughout your journey!  Your goal is to **average 6,000 steps per day** to complete the journey. Check out the weekly wellness tips to help you reach your goal:  **Wellness Tip:** **Walking Outside Can Boost Your Health**  Walking is one of the simplest and easiest forms of moderate exercise. But where is the best place to do it? You can walk on a treadmill, in the gym, the street, parks, pretty much anywhere! Studies show that choosing to walk in a greener area such as a park has great benefits for the mind and body.   * **Increased Happiness** – People that visit parks more often report higher levels of happiness and life satisfaction. * **Food for the Heart** – Being outside in greener spaces has been shown to lower blood pressure and heart rate, which is important for cardiovascular health. * **Stick with It**– Walking outside may help you stick with your exercise program for longer. Walking outdoors is much more interesting than a treadmill! Grab a friend or coworker and get moving!   **For more information on how walking outside can boost your health,**[**click here**](https://blog.myfitnesspal.com/3-ways-walking-in-a-park-can-boost-your-health/?otm_medium=onespot&otm_source=inbox&otm_campaign=UA+Newsletters&otm_content=MFP_Newsletter_20190527&otm_click_id=109142b03b16dc248e3b4edd8da2bb1d&os_ehash=55%40sfmc%3A1443736&utm_campaign=MFP_Newsletter_20190527&utm_medium=email&utm_source=mfp)**!** |
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| **WELCOME TO WEEK 2!**  Welcome to the **Grand Canyon**. While it is neither the widest, longest nor deepest canyon in the world, it is an extremely popular tourist destination with around **5 million visitors** enjoying its immense beauty every year. Hiking the South Rim Trail, or any of the other 32 designated “easy” trails in the Canyon is a great way to get extra steps in. No need to travel across the country though, **check out some local trails near you** and plan a family hike this weekend!  Your goal is to **average 6,000 steps per day** to complete the journey. Check out the weekly wellness tips to help you reach your goal:  **Wellness Tip: The Many Benefits of Going for a Walk**  When most people think of getting fit, images of free weights, earbuds, and high-intensity elliptical workouts usually come to mind. As it turns out, the physical and mental health benefits of walking daily (or at least five times a week) can have a great impact on your life. According to the American Heart Association, walking for just 30 minutes a day can lower your blood pressure and your cholesterol. These results ultimately work to lower your risk for both heart disease and stroke, while simultaneously helping you maintain overall heart health.  [**Click here**](https://www.prevention.com/fitness/a20485587/benefits-from-walking-every-day/) **to learn more. Then get moving!** |
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| **WELCOME TO WEEK 3!**  One of the destinations on our Grand Adventure is the **North Kaibab Trail.** The North Kaibab Trail is a hiking trail in the North Rim side of the Grand Canyon, in Grand Canyon National Park, located in the U.S. state of Arizona. **Trail difficulty:** Strenuous | **Elevation change:** 5,660 ft (1,730 m) | **Length:** 14 mi (23 km) | **Season:** Spring through Fall | **Trailheads:** Phantom Ranch, Grand Canyon |**Sights:** Grand Canyon, Colorado River.  Your goal is to **average 6,000 steps per day** to complete the journey. Check out the weekly wellness tips to help you reach your goal:  **Wellness Tip: Evening Walks**  After a long day at work, you might find yourself wanting to eat dinner, watch TV, and maybe grab a not-so-healthy snack to end the day. This routine can trick you into thinking you are winding down, however, it can lead to sneaky extra calories, sleep disruption, and poor digestion. After dinner, try setting yourself up to end the day on the right foot by taking a walk in the evening!  [**Click here**](https://blog.myfitnesspal.com/why-you-should-get-up-and-walk-after-dinner/) **to read some of the ways an evening walk can prepare you for a great night and a better tomorrow!** |
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| **WELCOME TO WEEK 4!**  We approach our final destination on the Grand Adventure – **Prescott National Forest**. Prescott National Forest lies in a mountainous section of central Arizona between **forested plateaus to the north** and **arid desert to the south**. Prescott National Forest embraces **over 1.25 million acres of rugged, scenic landscapes** ranging from cactus-studded desert to pine-clad mountains.  This variety, coupled with a wide range in elevation (from 3,000 to 8,000 feet), offers outstanding recreational opportunities all year long.  Your goal is to **average 6,000 steps per day** to complete the journey. Check out the weekly wellness tips to help you reach your goal:  **Wellness Tip: Boost the Effectiveness of Walking**  Aerobic exercise, like brisk walking, helps to burn internal belly fat – the fat that raises your risk for heart disease and diabetes. The length, structure, and intensity of your walking routine will also play a large role in the results you may see.  [**Click Here**](https://www.verywellfit.com/are-you-walking-in-the-fat-burning-zone-3436869) **to learn how to mix things up and maximize the effectiveness of your walking routine.** |
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