

Appalachian Trail

TEAM WALKING CHALLENGE

VIRGINIA BANKERS
ASSOCIATION
Benefits Corporation

COMING SOON

October 1, 2025 -
October 31, 2025



Your Challenge Journey

Can your bank conquer the Appalachian Trail and maintain the highest average steps among all VBA banks? Winner earns bragging rights!

Join your coworkers on this virtual walking tour kicks off at Springer Mountain in Georgia and journeys all the way to Mount Katahdin in Maine! Walk an **average of 7,500 steps per day** throughout the **31-day challenge** to immerse yourself in the beauty of this iconic route.



Tracking Your Steps

Track your steps in the **Challenge Dashboard**. Click on one of the following resource links for step-by-step instructions to connect your device or app to the Wellworks For You Wellness Portal or Mobile App.

DEVICE & APP SYNC

[Guide PDF](#)

[How To Video](#)

TROUBLESHOOTING TIPS

[Click Here](#)

Download the Mobile App

Access your Wellness Program guide, submit forms, and track your progress — all in one place. Connect with our wellness team and stay on top of your goals, right from the app.

