

# MAKE YOUR MOVE CHALLENGE

Do you own the pavement like it's your runway? Get your body moving with the **Make Your Move Challenge!**

Register and record your activity minutes at [webmdhealth.com/zollwellness](http://webmdhealth.com/zollwellness).

## Here's how it works:

- Register between **October 1 and October 22**.
- Record at least 30 minutes of activity each day for 21 of 28 days during the challenge, which runs from **October 15 to November 11**.
- If you have a Fitbit or another fitness device, connect it to automatically upload your activity to the challenge. Otherwise, record your activity minutes on the **Healthy Hearts! Healthy You!** portal at [webmdhealth.com/zollwellness](http://webmdhealth.com/zollwellness).
- Members of the top team will each win a **\$50 gift card** of your choice.

Active lifestyle

Connected

