





### Team Up




Recruit 3 colleagues to your team

### Move at your own pace




Competitive or team goal categories to earn prizes

### Let's step away from the computer




Oct 12th - Nov 23rd  
Register Aug 24-Oct 12

### Track your fitness



Gear up with your own personal fitness device


### Team up and Get Moving today



Register on the World Wide Web at [gvsu.edu/hro/benefitswellness/getmoving](https://gvsu.edu/hro/benefitswellness/getmoving)

Click here!

### Compete for prizes



Get moving and track your progress online!