

# Warhawks in Motion



## UW-Whitewater Employee Fitness Challenge June 18 - August 13



Join us on June 18th at 12pm at the Campus Food Trailer to kick off Warhawks in Motion by walking/rolling with the Chancellor

Warhawks in Motion is a friendly, team step/movement competition encouraging healthy living and exercise.

Participation in this challenge (plus completing the health assessment and a health check), earns you \$150!



See [instructions](#) for more details!

Complete details and sign up information can be found on the Worksite Wellness website or by contacting the Wellness Team.



Teams are to be composed of 3 to 5 people, with one appointed Team Captain



You do not need to be enrolled in State Group Health to participate. This is open to all employees!

New this year! There will be two ways to sign up:  
1 - As teams of 3-5  
2 - As an individual *Super Stepper* if you report 300,000 or more steps per week



Get started earning your \$150 wellness incentive. Visit [webmdhealth.com/wellwisconsin](http://webmdhealth.com/wellwisconsin). Any questions, reach out to the Wellness Team (262)-472-1024 // [worksitewellness@uww.edu](mailto:worksitewellness@uww.edu)

