



FITTS & TU WELLNESS CHALLENGE

March 1-31, 2019

MAKE YOUR STEPS COUNT.

**JOIN PRESIDENT FITTS & TU WELLNESS AS WE
TAKE STRIDES TOWARD BETTER FITNESS.**

**GRAB A FRIEND OR GET A GROUP TOGETHER —
AND START WALKING AND MOVING TO FEEL GREAT.**

To join the challenge, email a photo of your beginning step total on March 1st to tuwellness@tulane.edu.

Participants must be able to track their steps via smartphone or other fitness tracking device and must submit a weekly total to qualify for raffle drawings.

Participants will submit their final step count total for the entire month on April 1 to complete the challenge. At the end of the challenge, individual winners will be selected. For questions and more details, email tuwellness@tulane.edu.



Tulane

Office of Human Resources

TU Wellness

TULANE UNIVERSITY

PRIZES: APPLE WATCH | FITBIT BLAZE | FITBIT CHARGE