



Walk to Wellness

Walk to Wellness: A 28-Day Walking Campaign Across NASA

Participants must enroll by visiting www.nasahealthieryou.com. Unique Identifier is **healthiernasa**

Choose a goal level for walking alone or as part of a team

Enrollment: August 18 - 31, 2009

Campaign: September 1 - 28, 2009

Post Campaign: September 29 - October 13, 2009; grace period to log in your minutes or steps

Sponsored by NASA Office of the Chief Health and Medical Officer, www.ohp.nasa.gov

