

**Challenge Starts  
October 1<sup>st</sup>!**

STEP OUT AND UP TO

**FEEL YOUR BEST  
WALKT<sup>TM</sup>BER**

**Experience the joy of moving outdoors  
in this 31-day challenge.**

- Fill your Walktober tree with **red**, **orange**, or **gold** leaves for reaching daily goals
- Invite friends to join you for support or a little friendly competition in teams
- View vivid fall images from around the world for reaching milestones.

**Get started today. Register here**

<https://sonm.walktober.com>

**Watch a 2-minute Intro Video Here:**

<https://files.hesapps.com/walktober/walktober-onboarding-video/walktober-onboarding-video.html>



HEALTH CARE  
AUTHORITY