

MICHIGAN

Tribe 2 Tribe

TEAM CHALLENGE

Open to All TOPS/SECR/SELC/Migizi Employees

July 29 - Sept. 29

- ▶ 9 Week Team Challenge
- ▶ Enter to Win prizes!

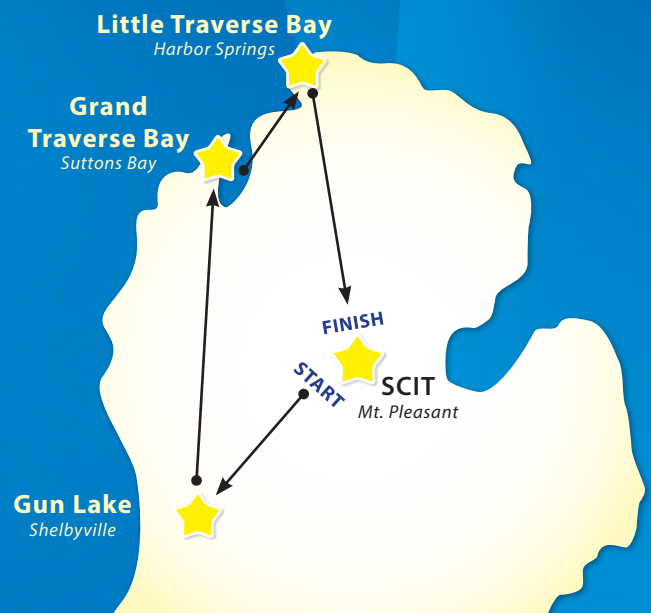
SECR overnights, Ninja blenders, Fitbits, & gift cards!

- Create your team of 3 or I will assign teams.
- Each team walks a total of 567 miles.
- Each participant must walk 189 miles to win a prize.

For more information, please contact:

Toni Smith, Wellness Coordinator

- Phone: 989.775.5624
- Email: TSmith@sagchip.org



Walk from Tribe 2 Tribe!

Participants should aim to walk 3 miles (6000 steps) per day, 7 days per week for 9 weeks

Get the Challenge Runner App from the Play Store on your mobile device.

Connect your physical activity tracker!

To join the challenge go to: www.ChallengeRunner.com/enroll/d4d40a-1nmf



Saginaw Chippewa Indian Tribe of Michigan

“Working Together for Our Future”

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