



Save The Date: GMHEC Move More Challenge!



Join us for the GMHEC “Move More” challenge...get active, enhance your energy and have fun!

The annual GMHEC team-based physical activity challenge will kick off on October 20th. During the four week “Move More” challenge, participants will track their physical activity using the WellSync app from Wellable to earn points. The school whose team earns the most points will win the coveted designation of “Most Active GMHEC College”. Recruit your colleagues to propel your team to the top and increase your chances of winning. All participants from the winning team will be entered into a drawing to win one of three fabulous prizes including a \$100 gift certificate to the Outdoor Gear Exchange, a ski lift ticket to the VT ski area of your choice, or entry for four people to the Escape Room in Burlington. Registration opens on October 14th. New Wellable users, create an account by going to <https://app.wellable.co/gmhec>. If you already have a Wellable account you do not need to register but you will need to complete the “special activity” to opt in. Check out the challenge dashboard in Wellable for more info.

Don't miss out on the fun!

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