WALK 2 WELLBEING
February 15-28, 2021

WHAT YOU NEED TO KNOW...

- Decide which category you would like to enter and find a team of up to 10 people to take on the challenge with you. Your options include:
  - Heavy Steppers: average 15k+ steps a day
  - Big Steppers: average 5k-15k steps a day
  - Busy Steppers: average up to 5k steps a day
- Only 1 member of the team needs to be a Sysco associate, so invite your family and friends to join.
- Register your team using the QR code below by 6 p.m. CT on Sunday, February 14.
- After registering, team captains will receive additional details.
- Let your team captain know your daily step count each day of the challenge.
- Anyone without a step counter will be awarded (by their team captain) the same number of steps as the team member with the lowest daily step count.

GET THE KIDS INVOLVED TOO

Your children are welcome to join in the fun and will be eligible to win a special prize in the Children’s category!

WINNERS!

The team and individual that steps the furthest in all three categories will win a prize.

Be sure to follow social distancing and local health & safety guidelines at all times.

#Walk2Wellbeing