



CORPORATE FITNESS WORKS

READY, SET, MOVE with **WELLonTRACK** >>>

Let's get **MOVING!** Utilizing our Well on Track activity tracking system, you'll be motivated to start and stay moving!

As part of the program, minutes of physical activity will be tracked throughout the month using common apps and wearables you already have.

When:

October 3 – October 28

Register Today:

<http://cfwchallenge.well-on-track.com/#/>

Registration Code: **RSMGAO16**

