



FALL INTO FITNESS WITH **WALKTTMBER**

Fall is the perfect time to get outside, get moving, and enjoy the beautiful fall weather by joining Walktober – a virtual wellness challenge!

Registration Challenge starts: Monday, September 18, 2023
Last Day to Register or Join a Team: Friday, October 6, 2023
Challenge Starts: Sunday, October 1, 2023
Challenge Ends: Tuesday, October 31, 2023

Please visit fcps.walktober.com to register for the Walktober virtual challenge.

The top ES, MS, and HS schools with the highest active participation will win a \$500 gift card.

Walktober's adaptable, self-paced challenge accommodates individuals of varying abilities. If walking isn't an option, engage in activities you find enjoyable and can comfortably do. Prior to participating in any physical activities, we recommend consulting with your healthcare provider for guidance.

For more information, visit the [Employee Wellness Hub page](#) or email us at employeeewellness@fcps.edu.



Employee Wellness
RESOURCES • GUIDANCE • SUPPORT