VIRTUAL PHYSICAL ACTIVITY CHALLENGE

DESTINATION WASCASTON

Get ready for an island get-away by joining our Destination Vacation Challenge! Let's get active and explore some of the world's most breath-taking island destinations. Lace up your shoes and grab that sunscreen, you're on your way to an exciting adventure!

CHALLENGE DATES: JANUARY 29 - MARCH 1

Two Challenge Options:

- 8,000 steps per day Team Challenge
- 8,000 steps per day Individual Challenge



JOIN THE CHALLENGE: BIT.LY/UCD-WT

This challenge utilizes the Walker Tracker platform which records your steps from walking or from your favorite physical activity. When you sync or manually enter your steps to your account, your entries move you and your team move closer to the finish line!

UCDAVIS
Staff and Faculty
Health and Well-being

Questions? Contact wellbeing@ucdavis.edu

healthy UC DAVIS