

# WALKT<sup>™</sup>BER

**August 21 - September 20, 2023**

**Join us for our 31-day challenge to make walking a priority.**



Register from  
**July 31 to August 28**

**Register here**



View this short [video](#)  
to learn more about  
Walktober.

Use your favorite devices and  
mobile apps to record exercise  
minutes that convert to steps.

Earn a chance to win a  
**\$250 VISA gift card** by:

- Logging your activity each week\*
- Achieving your 31-day challenge goal\*\*

**Be a part of a team today!**

It's fun, motivating, and it can  
double your chances of success.

Start or join a team of up to 8  
people and engage in some  
friendly competition.

For more information about  
joining a team, **CLICK here.**

EUTF challenges are open to retirees and all employees regardless of medical plan affiliation.

\* One \$250 VISA gift card winner will be randomly selected for each of the four weeks from all participants that log physical activity during that week.

\*\* All participants that meet their 31-day challenge goal will be entered into a random drawing to win one of three \$250 VISA gift cards.

For more information, visit  
[kp.org/eutf/getinshape](https://kp.org/eutf/getinshape)



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