

Spot The Difference Game

There are eight differences in the images below. Can you spot them all and win the game?





Step It Up: A Challenge to Keep You Moving!

Today's fitness challenge is all about finding fun, creative ways to add more steps to your day. Think of it as a game—look for opportunities to turn everyday moments into chances to move.

Here are some ideas to get you started:

Park farther away: Whether at church, the grocery store, or a restaurant, pick a spot at the farthest end of the lot.

Take the scenic route: Walk an extra lap around your block or a nearby park before heading home.

Explore the store: Even if you only need one thing, walk every aisle like you're on a treasure hunt.

Commercial break strides: Use every ad break to pace, do laps around the living room, or march in place.

Make errands active: Drop off mail on foot, or walk to grab coffee instead of driving.

Double up your steps: Carry groceries inside one bag at a time (if manageable).

Take the long way: Add a detour to your usual walking route.

Your goal today is simple: add as many steps as you can, in any way you can.

Every little bit counts, and it's a great way to keep moving and stay mindful of your activity.



Make Your Steps Count Raffle:

To make today's challenge even more exciting, we're hosting a BONUS raffle! This is completely separate from the other raffles in the program—so it's an extra chance to win.

Click here to enter the raffle and share three unique ways you got extra steps in today.
You have until January 1st to submit your entry, so take your time and make those steps count.

Winners will be announced after the program ends, with the following prizes up for grabs:

Two \$10 Amazon gift cards

One \$10 Chick-fil-A gift card

Every step you take is a step toward progress—and maybe even a prize!

Let's see how creative and active you can be