

# ARE YOU UP FOR THE CHALLENGE?



Join N Good Health's fall steps challenge!  
**Start on your healthy action points for 2021 now!**

Walking is one of the healthy actions that can earn you points toward completing step 4. You'll earn 1 point for each day you walk 7,500 steps or more.

The three-week challenge runs from Oct. 7 to 28. Sign-ups start Oct. 1 at **NGoodHealth.com**.

## **Get N sync with N Good Health**

Did you know your N Good Health account syncs with more than 10 fitness devices? It's easy to keep track of your steps and log your activity when you sync your fitness device with your account. To get a discounted Fitbit or Garmin before the challenge begins, visit **NGoodHealth.com** and click on the "Get Your Device" button.

## **Questions?**

Contact N Good Health at **(502) 629-2162** or submit an N Good Health service request on N Good Health's page under Departments on **Nsite**.

