

Around the World Challenges: Phase 1

Earn 60 points towards the 2019 *Start Small. Go Big!* Incentive Program.

Where are we going?

Discovering Blue Zones and Ikaria, Greece

What is the mission?

Explore the secrets of longevity around the globe.

When are we going?

January 28- February 17

When can I sign up?

January 14- February 3

Completion Requirements:

1. Get 8,000 or 12,000 steps/day for a minimum of 15 days
2. Complete all weekly tasks by:

Keep in mind: ANY ACTIVITY will count towards your daily steps!

Sign up Individually or with a Team!

Registering solo? Join the LiveWell Vermont Team!

Registration Instructions at: <https://mybluehealth.bcbsvt.com>