

OCT. 1 – 31, 2018

# WALKTOBER MONTH

**THE MORE YOU  
WALK, THE MORE  
YOU CAN WIN!**



LOG  
30,000  
STEPS



LOG  
50,000  
STEPS



LOG  
80,000  
STEPS



LOG  
100,000  
STEPS

**LOG YOUR WALKING TRIPS TO EARN ALL 4 MEDALS  
FOR A CHANCE TO WIN ALL 4 PRIZES**

[activeswitch.ca/workplace](https://activeswitch.ca/workplace)