

## Race Up the Coast!

# THE BIG

CALIFORNIA

# 1

**The Big 1** takes you on an epic journey from southern California all the way to San Francisco's famed Golden Gate Bridge! Along the way you'll **pick up "milestones"** in famous coastal places.

Record your daily steps—aim for **9,000 steps each day**. Earn 1,000 bonus steps each day you log a fruit or vegetable as a snack. **Walk 400,000 to successfully complete** The Big 1 Challenge.

## Challenge Details

**Registration: June 27—July 24**

**Challenge Dates: July 18—August 28**

## Register Today!

**1.** Visit [www.mywellsite.com/tavihealth/FranklinCounty](http://www.mywellsite.com/tavihealth/FranklinCounty). **2.** Select the "Click Here to Register" link. **3.** Your company password is **Wellness2458**. **4.** Your email is your username.

## Prizes!

Earn **10 HelloHappy points** for walking 400,000 steps and completing the challenge.

Meet your milestones and you are entered into a drawing for a prize.

You are entered to win a **Fitbit Charge** by completing the following:

Week 1: make it to Malibu / Week 2: make it to Pismo Beach / Week 3: make it to Cambria  
Week 4: Make it to Carmel / Week 5: Make it to Half Moon Bay

Successfully complete 400,000 steps and you are entered into a drawing. Four names will be drawn to win **one of three Apple Watches**, or an **iPhone 6s**.

*All drawing values are considered taxable income that will be added to the winners' paychecks.*