



Take the  
path to better  
health.

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**Head out on an inspiring adventure—and build healthier habits along the way!**

### **How does it work?**

The eight-week challenge helps you build simple, everyday healthy habits as you virtually travel along famous trails, learning about new places and people from around the world. Each experience will inspire you to progress along the adventurous trail.

### **Who can participate?**

All UofL employees, retirees, spouses/qualifying adults! Health Trails is all about improving your overall health by building and practicing daily healthy habits.

The first 50 registrants will be entered into a drawing to earn a Homitt ultimate tote cooler! Additional incentives that can be earned along the way:

- 7-Day Supply Meal Prep containers
- NutriBullet

### **Ready to get started?**

Registration dates: January 24th – February 14<sup>th</sup>\*\*\* EXTENDED!

Challenge dates: January 29th – March 25th – start logging your activity today! Activity can be logged retroactively.

- To register and learn more, visit: <https://uoflgethealthynow.healthtrails.com>.
- For more information, contact us at 852-7755 or [GHN@louisville.edu](mailto:GHN@louisville.edu).