

# Take a coast-to-coast trek to better health.



Explore America's most popular tourist spots and build well-being habits.

Keep America Active™ is an eight-week challenge to get you on the path to better health while experiencing sites like the Grand Canyon, Statue of Liberty and the beaches of Waikiki.

## How does it work?

Each day you'll visit a new attraction, earning points as you record exercise minutes or steps, and other health behaviors. You'll move state-to-state, answering questions about tourist attractions and collecting mementos for achieving health milestones along the way.

## Who can participate?

All UofL employees, retirees, their spouse or qualifying adult are eligible to participate. Keep America Active™ is about building energy, boosting stress reducing habits like moving more, eating healthy and sleeping soundly—all while experiencing America's most captivating attractions.

**Get started! This new challenge is rewardable for 160 points!**

**Registration Dates:** Monday, March 25<sup>th</sup> - Sunday, April 7<sup>th</sup>

**Challenge Dates:** Monday, April 1<sup>st</sup> - Sunday, May 26<sup>th</sup> (last day to enter activity: June 2<sup>nd</sup>)

- To register and learn more, visit: <https://www.cafewell.com/?code=uoflgethealthynow>
- The **first 100 to register** will be entered into a drawing for a Magic Bullet Blender! Complete the Keep America Active Challenge for a chance to earn a Fitbit, and more!
- For more information, contact us at 852-7755 or by email [ghn@louisville.edu](mailto:ghn@louisville.edu)