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Join the HealthTrails Challenge!

Head out on an inspiring adventure of virtual travel and build healthier habits along the way!

How does it work?

You'll track your healthy habits—daily exercise, fruit and vegetable intake, and short stretch breaks—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 an adventurous trail.

Who can participate?

All benefits eligible faculty and staff. Make the experience even more fun by creating a team within your department. Teams consist of 3 to 10 members.

Ready to get started?

The eight-week challenge will begin on **February 6** and run through **March 31**. To register and for more details, visit <https://riceuniversity.biovia.healthfitness.com>.

Questions? Contact Rosie Gonzalez at rg43@rice.edu (x3538).

All participants will be entered into a drawing to win a Fitbit Flex2.

