

SEPaST Movement Challenge

APPALACHIAN TRAIL – GEORGIA TO MAINE

April 6 – May 17

Are you ready for an adventure? Virtually take on the Great Appalachian National Scenic Trail or the A.T. for weathered hikers (from Georgia to Maine or Maine to Georgia) and get fit along the way! Initially conceived by forester Benton in 1922, this trail stretches 2,200 miles of forest and wild lands.

How to Participate

- Join your district team and compete as a team to reach an average of 7,000 steps per day to reach the finish line before the challenge ends on May 17th.
- Connect your wearable fitness tracking device or smartphone with the Be Well app to sync your steps.
- If you do not have a compatible device manually enter steps via your web browser.

Win Prizes

Participate in weekly pop-up raffle challenges for a chance to win prizes! *Assorted wellness prizes will be distributed to randomly selected members of the winning team.*

Check notifications or the challenge discussion board at the start of each challenge week for the weekly pop-up raffle challenge!

Register Today!

Download the Be Well app (required to connect a device) or [register via browser](#).

If registering in the app:

- Click 'Create an account' and enter our program URL: **sepast.thrives.app**
- Follow the prompts to create your profile and connect a device.
- Join your district team! *(required)*

You must be on a team to participate.

