



CCPS

Collier County
Public Schools

BREAST cancer AWARENESS

Walking can lower the risk of breast cancer, with studies showing women who walk 7 or more hours a week have a 14% lower risk compared to those who walk 3 hours or less. -health.harvard.edu

Let's work together to decrease these odds!

As research continues to advance, the mortality rate will decrease.

This Challenge is designed to promote healthy habits, provide education on testing, and create awareness of the disease. Education, Early Detection and Prevention all work together to lessen overall risk.



OCT 5- NOV 1



Awareness

Oct 5-11

4,000 avg. steps/day



Testing

Oct 12-18

5,000 avg. steps/day



Prevention

Oct 19-25

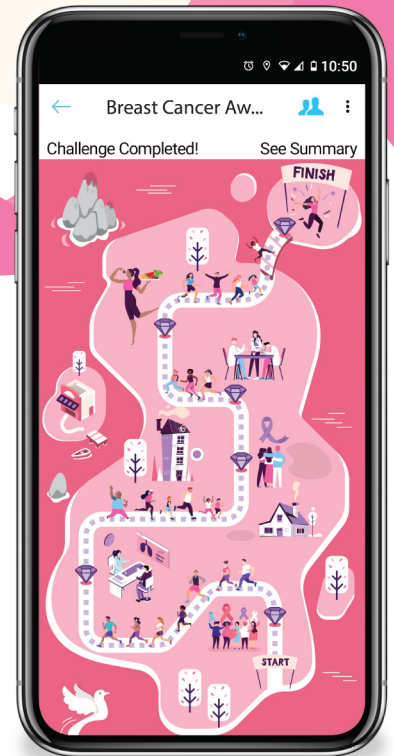
6,000 avg. steps/day



Health

Oct 25-Nov 1

7,000 avg. steps/day



Register Today!

- 1 Download the Walkingspree App from the Google Play or App Store
- 2 Enter your company name exactly as: **Collier County Public Schools** Register with your Employee ID (found on the bottom of your CCPS Employee badge)
- 3 Connect your device and start tracking!



Open your Walkingspree app every couple of days to seamlessly sync your steps. Don't miss out on rewards, make every step count!



Need Help? Contact us at support@walkingspree.com

Walkingspree will never share your data with outside parties. Your employer will only receive your step count for any incentives offered for challenges.

