

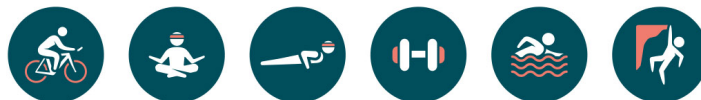
YOU'VE BEEN CHALLENGED



MILES IN MAY

Join the MOVE-ment! Your activity counts toward your 100 Miles in May. Challenge your family, friends, and coworkers to a healthy month of daily physical activity. Support the Healthy Futures program and WIN cool prizes!

- Step 1** Register Yourself at: 100miles.healthyfuturesak.org
- Step 2** Create Your Team: Select a Category, Upload Your Logo url, Enter a Team/Individual Pledge.
- Step 3** Invite Team Members: Send Out Templated Email to Your Team!
- Step 4** Get Motivated: Build Team Spirit and CHALLENGE Others in Preparation for the CHALLENGE.
- Step 5** Get Moving: Move, Enter Mileage, and See How You and Your Team Fares on the Leaderboards!
- Step 6** Support Healthy Futures: Donations Received from the 100 Miles in May Challenge Go Directly Towards Programming to **EMPOWER YOUTH TO BUILD THE HABIT OF DAILY PHYSICAL ACTIVITY.**



HEALTHYFUTURES.AK.ORG/100MILES