

YOU'VE BEEN CHALLENGED



MILES IN MAY

ANY ACTIVITY CONVERTS TO MILES!

Join the MOVE-ment!

Support the Healthy Futures Program, have a friendly competition with friends/family, and WIN cool prizes!

- Step 1** **Register** at: 100miles.healthyfuturesak.org
- Step 2** **Create Your Team (or go Solo):** Select a Category, Enter Pledge.
- Step 3** **Invite Team Members:** Send Out Templated Email Invitation!
- Step 4** **Get Motivated:** Build Team Spirit and CHALLENGE Others to Join.
- Step 5** **Get Moving:** Move, Move, Enter Mileage, See How You & Your Team Fares!
- 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