

# EXERCISE CHALLENGE



24/7 Phone Support - 877-688-4700



## How to participate

1. Scan the QR Code
2. Download Fortify, Climb, Lift, or Turn
3. Complete the "Rising Up" Journey



## Questions?

**Did you know** That walking or jogging for 30 minutes, three times a week can relieve symptoms of depression as effectively as medication, but without any harmful side effects? Let's put some pep in your step and get moving!

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