Put a little step in your Commute!

Win BIG!

Each week, participants walking more than 50,000 steps will be entered into a drawing to win an Amazon gift card! Participants walking 25,000-49,999 steps in a week are entered into drawings for weekly prizes.

- First place team members will each receive a $125 Gift Card!
- Second place team members will each receive a $75 Gift Card!
- Third place team members will each receive a $50 Gift Card!

EVERYONE LIKES A CHALLENGE!

We are about to launch a 3 week "Walk & Ride" program to encourage everyone to get out and walk—get healthy, get fit! **Whether you drive to work, use transit, bike, or carpool, everyone is encouraged to participate.** All you need to do is get walking.

Get together with some co-workers and form a team. Teams can have up to 5 members. Each team member will receive a pedometer, a T-shirt, and other goodies. For three weeks in October you can record your steps and compete for prizes each week! There will also be prizes for each member of our top three teams.

So, grab your co-workers, form a team, and challenge others at your organization to get involved. Let's see which team records the most steps.

www.nbtc.org | 301.770.8108

North Bethesda Transportation Center

Better Ways To Work! Montgomery County Commuter Services

North Bethesda Transportation Center serving North Bethesda and parts of Bethesda, Rockville, and Kensington—a program of Montgomery County Commuter Services.