

Just part of your comprehensive wellness program. Find out more at www.empowerlinc.com or call a health coach today at 888.882.LINC (5462).



**locoMOTION allows Company XYZ employees to participate in a fun, competitive physical activity challenge that highlights overall fitness. Participants earn points based on time spent 'moving' in endurance, strength and flexibility-related activities.**

register

* **Register for the challenge on the Marquee Health website, at www.mymarqueehealth.com.**
* **If you do not have a personal username and password, use the company code ‘companyxyz’ to create one.**
* **The deadline to register is Monday, April 20.**

track

* **Visit the Marquee Health website to track your progress online.**
* **At a minimum, log your activity on the Marquee Health website once a week.**

are U Up to the challenge?

locomotion