Get Ready to Move More Emory!

Registration for the Move More Challenge is now open!
The Move More Challenge is Emory’s first community-wide employee wellness event with the purpose of getting us all to move more! Using a Fitbit® device, you can track your daily steps and calories, set goals, and connect with others. As part of this challenge, you will also join your department’s team and compete against other Emory teams. It’s going to be a lot of fun, so register now!

To participate:

- **REGISTER.** Go to [www.emory.edu/MoveMore](http://www.emory.edu/MoveMore) to register.
- **ORDER.** After registering, print your confirmation letter. It will have all the information you need to order your discounted Fitbit.
- **JOIN.** Once you receive your Fitbit in the mail, it’s time to join. Set up your Fitbit on a computer, join the challenge, and select your team!

The Move More Challenge begins September 21 and continues through November 15.