



Pillars can help improve your quality of life.

Movement Challenge: Complete!!

Top three individual step winners

Israel Corpuz (ICorpuz) - 1,200,311 steps	\$1,000
Iva Tcolova (Stepintomyworld) - 1,133,644 steps	\$750
Jonathan Cadiz (JonathanCadiz) - 1,063,620 steps	\$500

And honorable mention goes to:

Doug Leahy (Dcleahy1) - 757,233 steps

Karen Lee (Anigirl808) - 670,809 steps

97 participants joined the challenge

Grand total of 24,869,494 steps were taken, which equals 10,205mi/17,835km!

Our theme was all about healthy recipes, and we managed to unlock some culinary gems

Yogurt Biscuits

3 Ingredient Brownie

Marinated Chicken Skewers

Sweet Potato Brussel Sprout Hash

Barbecue Chicken Stuffed Sweet Potatoes

Shopska Salad

Coconut Lime Quinoa

If you registered on Walker Tracker and got active, you will receive a \$25 USD Gift Card We've got another exciting challenge coming up for COPD Awareness month

