



WELLNESS ACTIVITY RESOURCE GUIDE

How to Guide: Participating in the Wellness Warriors Activity Club

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SET GOALS

The purpose of this event is two fold. We want to promote community. We also want to promote wellness. As the first part of that second goal, we want you to make a pledge to yourself and then bring that ambition into this event so that we can support each other as we go.



SKY'S THE LIMIT: Set a goal that feels good to you. Push yourself or keep it well within reach. Whatever feels good to walk, run, bike, roll, swim, or any other activity that gets you moving.



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JOIN THE CLUB

Join our community of Wellness Warriors as we share the experience of the Warrior-thon movement and keep each other motivated. We will share structured routes and details about activities with our wellness partners.

STEP 1: Once you set your wellness goal(s)

STEP 2: Come and join our Club in the STRAVA app.

HOW TO JOIN THE CLUB ON STRAVA

DESKTOP/TABLET - [CLICK HERE](#) to visit the Strava on your desktop device and follow the prompts to sign up for a free or paid account

MOBILE DEVICE - Visit the Apple or Android app store, locate the Strava app, download and follow the prompts to set up your account

Once you're in the app, search for our Club: **WARRIOR-THON | OPPORTUNITY KNOCKS**

JOIN THE CLUB: Join the Club. Get after your Wellness. Share your experience with the Club.

