



WYOMING ON WELLNESS

Fall Into Fitness Challenge is Open!

GO WYO! We are once again competing against the State of Colorado in a 6-week fitness challenge. Last year Wyoming beat Colorado, let's do it again this year. Join as part of a team or participate on your own. It's fun. It's challenging. It's a great way to stay fit this fall! Watch the WY vs. CO challenge weekly stats [here](#) once the challenge begins.

Challenge Dates:

- September 19 – Registration opens
- October 3 – Challenge begins
- October 10 – Registration closes
- October 24 – Team deadline
- November 13 – Challenge ends
- November 20 – Activity logging deadline
- November 27 – Challenge closed

[Register Today!](#)

[Click here](#) to watch a video explaining the challenge registration process and challenge features.

Questions? Email

WyomingHealthyLife@Cigna.com

Once You Register for the Challenge, You Can:

- Create or join a team and get fit together. Family members are welcome to join the challenge but are not eligible for incentives.
- Complete against a Colorado counterpart.
- Sync with your Fitbit or other device to automatically track your minutes of activity.
- Register for the [Daily Burn](#) to attend virtual exercises classes to keep you active. Membership is good through the end of 2022.
- Visit a Wyoming State park for FREE on September 24 and bring your Cigna ID card. Show it to a State Parks representative and get an [additional pass to use in October](#) (for subscribers of the Cigna health plan only). Use your park pass in October, during the fitness challenge, and be entered to win an annual State Parks Pass for 2023.
- All employees on the Cigna health plan who compete in the challenge will be entered into a \$50 gift card drawing. Top team and top individuals win a \$50 e-gift card (for subscribers of the Cigna health plan only).



***Good Luck and Enjoy the Challenge!
Be well Cowboys and Cowgirls!***