

Walktober Email Template



Subject: Last Chance to Register for *Walktober* 2025

Registration ends Monday, October 6; don't miss your chance to be part of *Walktober* 2025, a NMPSIA Wellness fall favorite!

Sign up today at www.NMPSIA.walktober.com

Besides tracking steps and earning leaves, motivating *Walktober* features include...

- Community page with an interactive Wall, real-time poll questions, and the NMPSIA Wellness leaf pile
- Optional team competition to aim for a top Leaderboard spot
- Friends page to share progress and offer support
- Badges awarded for reaching milestones and logging consistently
- 200+ healthy recipes including delicious fall favorites.

Nothing brightens your day better than a brisk walk in the cool autumn air. If you want to feel great this fall, step up to the challenge in *Walktober* 2025.

