

MIND OVER MATTER

Take steps toward better physical, emotional, and mental wellbeing ... with the Mind Over Matter 40-day challenge.

Contest details:

Dates:

May 29-July 23

Goal:

40 days of 7,000 steps or
45 minutes of activity

Reward:

3,000 Boomin' Bucks

WALKING CAN:

- ✓ IMPROVE SLEEP
- ✓ HELP YOU REACH/MAINTAIN A HEALTHY WEIGHT
- ✓ REDUCE STRESS AND ANXIETY
- ✓ STRENGTHEN BONES
- ✓ BOOST ENERGY AND MOOD
- ✓ ... AND SO MUCH MORE!

Are you in?



Scan to download
the Sonic Boom app
on iOS or Android.

Check out the Contest
page for more details



county.org/sonicboom