Walk Massachusetts Challenge begins May 1!

Lace up your sneakers - the Walk Massachusetts Challenge is back! This year features more walking options and more prizes! With five individual goals, there’s a challenge for everyone - from walking 65 days to walking 692,000 steps - each tied to a fun Massachusetts fact. And 10 lucky people will win a $50 Visa gift card, 25 people a $25 Amazon gift card, and 50 people a $10 Dunkin' gift card. The first 500 people who participate will receive a handy reflective wrist band and sports pack, perfect for carrying your water bottle, keys and phone.

What’s in it for you? For each person who completes the challenge, your COA gets entered into a drawing to win up to $1,000 for future programming! So sign people up and encourage them to walk!

Here’s how it works:
1. Individuals sign up at [www.mcoaonline.com/walkma](http://www.mcoaonline.com/walkma)
2. The program runs from May 1 to September 30
3. They choose a challenge from one of 5 different levels - walking for days, time, miles, or steps. There’s something for everyone!
4. New this year - we have an online tracking form! They can track their walking online by creating a user name and password, or use the chart in our printable walk journal.
5. At the end of the challenge, they submit their journal (online, to you, or mail it to Lynn).

For each completion, you’re entered to win, and so are they!