

WALK RUN RIDE

<https://events.healthcode.org>



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A challenge to the Million Mile Month (MMM) community to log one million miles of physical activity in April.

Join the MMM Community Today!

Sign up your organization! There is no fee for your organization or employees. To join, fill out the Organization [form](#) at <https://events.healthcode.org/wellness> or register as an individual.

Step One: Register at events.healthcode.org **Step Two:** Get active!

Step Three: Log your activity (Fitbit, MapMy Fitness or manually)!

Step Four: Compete on Leaderboards!



A Healthier You... A Healthier Bartlett... A Healthier Tennessee

DID YOU KNOW...

- *Tennessee consistently ranks among the 10 least healthiest states in the nation*
- *Our children now have a shorter life expectancy than their parents*
- *Tennessee spends an estimated \$6 billion a year on treatment and cure of behavior-related diseases*

Build a Healthier Bartlett community by joining the Healthier Bartlett Committee by emailing healthierbartlett@cityofbartlett.org.



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