



PennState Health

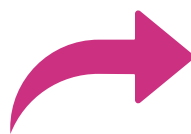
Bewell

BeActive Challenge ✨

This free, system-wide, activity challenge runs from October 1-31 and is open to all Penn State Health employees

Throughout the month, participating individuals are encouraged to complete at least 30 minutes of physical activity each day. Activities can include a wide range of options, such as walking, yoga, biking, dancing, or household chores.

Registration closes at 11:59 p.m. on Friday, Sept 26.



Register Here