



HIT THE TRAIL! CHALLENGE

Hit the Trail! is a month-long healthy community challenge in May designed to help inspire our neighbors, coworkers, and families to get out and enjoy one of our greatest free wellness resources, the Whitefish Trail. By sponsoring a Workplace Team for the Challenge you'll help your employees as they log miles hiking, biking, and running on the Whitefish Trail, creating a happier, healthier staff.

Studies find that healthy habits like walking for 30 minutes a day can help save 33-50% on an individual's healthcare costs. These savings are also passed on to employers through health insurance premiums and productivity. In fact, employer wellness programs like Hit the Trail! Challenge can have a return on investment of up to \$3.00 for every dollar invested.

Your Hit the Trail! Workplace Team sponsorship will challenge your staff to get active and help to build and maintain our community trail system, providing free year-round opportunities for world class recreation right in our backyard.

Here's how it works:

1. Your business donates \$150 to the Challenge match to establish a Workplace Team for your employees.
2. Each employee logs their miles independently through May using a paper form, online form or Strava account, adding to your team's total miles. Every mile logged on the Whitefish Trail will be matched with \$1 donated to support recreation, conservation, and education in our community.
3. Your team will compete against other businesses and be recognized in our Local Business Leaderboard.

Interested? Contact Alan to learn more at alan@whitefishlegacy.org or 862-3880.

