



# The 100 Missouri Miles Challenge

## Why join the challenge?

### It's good for you

It's an undisputed fact that physical activity is good for you. You don't have to run a marathon to enjoy the benefits of movement. Weight loss, cardiovascular improvement, and better flexibility are all side effects of getting outside and enjoying the trails of Missouri.

### Get to know your people

You spend at least 40 hours a week sitting at your desk. Taking the Governor's 100 Missouri Mile Challenge gives you an opportunity to step away from the day-to-day grind and enjoy Missouri's award winning outdoors with your colleagues. This is also a great time to spark some friendly intra-office competition; have departments compete against each other to see who can log the most miles. No matter who gets the highest total, when employees are healthier, everyone wins!

### Public Exposure

Participating in the challenge is also healthy for your place of business. Every organization who participates will be recognized on the 100 Missouri Miles website. It shows community engagement, employee appreciation and pride in Missouri. That's good for your image and a great way to get your name out there for doing something productive.

### It'll be fun

Perhaps the greatest benefit of the challenge is the fun that comes with it. Whether you walk, run, paddle or roll, you don't have to be a kid to enjoy the sun on your face and good breath of fresh air. Stop and, literally, smell the roses. You've earned it.



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