



Move with the Mayor Virtual Challenge

How to Participate:

- ✓ **Sign up** for the Hanover Park Challenge Team which begins **September 1st**.
- ✓ Link your smart device or fitness tracker.
- ✓ Start walking and record your steps for the month of September.
- ✓ The app will record steps for walking, step machines and running. All are acceptable!

Saturday Walks with Mayor Craig

Join Mayor Craig every Saturday for a walk starting at a Hanover Park School. Social Distancing and precautions will be adhered to.

September 5 – Albert Einstein Elementary School

September 12 – Ontarioville Elementary School

September 19 – Greenbrook Elementary School

September 26 – Elsie Johnson Elementary School

Follow your progress and watch the leaderboard!

Move with the Mayor Photos and Selfies

-  Take a socially distance photo while you "Move with Mayor Craig" on one of the Saturday Walks.
-  Take a selfie of yourself while participating in Move with the Mayor and we will post it on our Move with the Mayor Photo Gallery and social media.
-  Send photos to dwebb@hphil.org.

Prizes:

\$50 Gift Card to the top Hanover Park Team Member

\$25 Gift Card for the top two Runner-Up Hanover Park Team Members

MWTM Challenge APP:

Join Hanover Park Mayor Rodney Craig's Move with the Mayor initiative to reduce heart disease and stroke by encouraging Hanover Park residents to **"Get Up and get Movin!"** Hanover Park is challenging the communities of West Chicago, Bartlett, Glen Ellyn, and Glendale Heights to a step contest **in the month of September**.

Join Team Hanover Park by downloading MWTM Walking Challenge App:
www.hekahealth.com/wchicago

MWTM
Challenge QR

