



Arctic500

Starting February 1



Lochmueller Group

The Arctic500 Challenge invites you to walk outside in the cold for 500 minutes during the month. While physical in nature, walking outside can also brighten your mood and bring you together with friends. Track the number of minutes you walk outside each day. You can find more information on this challenge and how to participate at <https://lochgroup.healthymerits.com>.

Everyone who completes this challenge will earn 50 Healthy Merits points!



Questions? You can call Healthy Merits at 1.877.348.4533 or email healthymerits@meritain.com.

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