

The First Online Challenge  
In AVA's Virtual Online Program



# 401K: Invest in Your Health

Are you ready to take the challenge? 401K: Invest In Your Health allows you access to an online challenge, allowing you to post your Volkswalk kilometers or daily steps, view your progress, see others' progress (or remain private with an alias) and earn a special T- Shirt upon completion of 401 kilometers or the equivalent in steps. Whether you wish to only post your Volkswalk kilometers or you are Gung Ho on capturing every step you take by entering manually or syncing your Fitbit, Garmin, Apple Watch, Apple Health (I phone), etc. Either method can be used... it is entirely up to you. You will be able to write comments about your walks, post pictures of sights along the way, and even communicate with other walkers. What a great way to post your walks and learn about other AVA walks/trails you might want to visit.

## How to Register

1. Go to the AVA Website home page (ava.org) and click on the 401K icon.
2. Fill out the information for your paypal payment (\$18.00). You may also send a check (info on website.)
3. You will receive a receipt from paypal immediately.
4. Within **several business** days you will receive an email from vop@ava.org with an invitation to create a walking account.
5. Follow the instructions to create your account.
6. You may begin tracking your kilometers/steps immediately but will not be counted toward challenge. It starts 1/1/18

