

# NJWELL Global Running Day Challenge

Wednesday, June 4, 2025



## Experience the Benefits of Running

Join us for our Global Running Day Challenge! On this day, celebrate your love of running and take strides toward a healthier and more active life.

## How It Works

- Registration starts Wednesday, May 28.
  - Sign in to [HorizonBlue.com/shbp](https://HorizonBlue.com/shbp).
  - Select *Wellness & Services*, then follow NJWELL prompts. Go to the *Physically Fit* Category to register.
- Track a minimum of 7,000 steps on June 4. Record your steps by June 9.
- Complete the challenge and earn 50 points toward your NJWELL reward.

**Join The Challenge**



Please talk to your doctor before beginning an exercise program.



**Earn \$250 or more with NJWELL!**



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