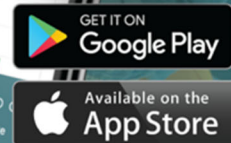


## INTRODUCING MOTION CONNECTED

Ready to build a healthier you?

- ✔ Sleep better
- ✔ Stress less
- ✔ Boost energy
- ✔ Lower risk factors



Get Active



Compete in  
challenges



Monitor health  
progress



Learn New  
Skills



Earn Points

## CEDARCREEK CHURCH INVITES YOU TO JOIN MOTION CONNECTED!

Motion Connected is a total wellbeing solution experience to help you build a healthier tomorrow. You can learn new health skills with encouraging health education, connect and compete with coworkers in fun themed activity challenges, and be rewarded for your healthy action in a motivating points program. Are you ready?

### GET STARTED TODAY

1. Go to [WWW.MOTIONCONNECTED.COM/APP](http://WWW.MOTIONCONNECTED.COM/APP) on your mobile phone or computer. Or scan this to download the app.
2. Click or tap on "Create Account"
3. Use this activation code to create an account:  
**GHB-LC4AA-2A5**
4. Go to the "Link Device" page to connect your compatible activity tracker or shop The Wellness Outlet, a discounted Fitbit & Garmin store.



Open your camera & scan  
me to download the app!