

# WALKING CHALLENGE

## WALK TO THE MOON

### Let's walk to the moon together!

**Aiming to walk from the earth to the moon together with all participants.**

If each participant walks at least 8,000 steps per day, we could reach the moon with the help of 2,000 participants throughout the 30 day-period!



Nagasaki University  
participated  
for the first time!

Participants/team whose average number of steps per person per day exceeds 8,000 steps during challenge period will be eligible to enter for prize lucky.

## Recruiting for Walking Challenge 2021

### 【Guidelines and rules】

Target population	All staffs and students of Nagasaki University * There are 2 types of participation; individual and team (2-10members), and you can participate in either one. In the case of team participation, families and friends can participate as long as at least one person is enrolled at Nagasaki University
Registration period	October 5,2021 (Tue) ~October 20,2021 (Wed)
Walking period	November 1, 2021 (Mon) ~November 30,2021 (Tue)
How to track the number of steps?	Participants are encouraged to use their own pedometers, smartphones during the challenge. See the " <a href="#">Walking Challenge Website</a> " for more details
How to participate?	Please register after you have understood the details of the challenge as described on the website. <a href="http://hckn.org">ウォーキングチャレンジ (hckn.org)</a>
Partnership	Nagasaki University, Japan University Health Association
Inquiry	Walking Challenge Steering Committee Email:support@wc.hckn.org Nagasaki University Health Center E-Mail : health_phn@ml.nagasaki-u.ac.jp

