

WALKING CHALLENGE

WALK TO THE MOON

Let's walk to the moon!

Goal: Collectively walk from the earth to the moon.

If 4,000 participants walk 8-10,000 steps per day, we can make it to the moon and back in 30 days!



【Event website】
 ・New Registration
 ・APP Linkage
 ↓ Check here!



Prizes will be awarded by lottery to the top individuals and teams, as well as to individuals who average more than 8,000 steps per day!

Enter the Walking Challenge 2023!

【Guidelines and rules】

Who can participate?	All faculty, staff, and students of Nagasaki University are eligible to participate. Note: You may participate either as an individual or as part of a team (2-10 members). Teams may include family members and friends, but at least one person on the team must be working or studying at Nagasaki University.
Registration period	Sunday, October 1, 2023 ~ Monday, October 30, 2023
Walking period	Wednesday, November 1, 2023 ~ Thursday, November 30, 2023
How do I count my steps?	Participants are encouraged to use their own pedometers or smartphones during the challenge. See the “Walking Challenge Website” for details.
How can I participate?	Please register to participate after confirming the details of the challenge as described on the Walking Challenge website. https://www.juha-webforum.jp/wc/2023/
Organizer	Nagasaki University Health Center
Partners	Kyoto City; Japan University Health Association
Questions/inquiries	Walking Challenge Steering Committee E-Mail : support@wc.hckn.org

