

# Join Our Winter Sport Walking Challenge!

KICKS OFF JANUARY 5TH

PRIZES AND FUN ALL MONTH LONG. LET'S KICK OFF THE YEAR WITH STEPS, COMMUNITY, AND A LITTLE FRIENDLY COMPETITION.

**\*\* Participants must be at least 18 years of age to participate\*\***



**REGISTER NOW! FREE TO ENTER.**

**Download the Free App!**



**Hosted by iBackCheck  
Sport Therapy**

Your One Stop Shop for Chiropractic  
and Physical Therapy. The High  
School's neighbor, Your Community's  
Go-To For Recovery.

## Elk River Winter Sports Walking Challenge Details

### Monday, January 5- Sunday, February 1

#### New Year, new goals... and lots of steps!

Parents of winter-sport athletes, you're invited to our **Walking Challenge**—a simple, fun way to stay active and show your kids that healthy habits start with us. Grab your shoes, track your steps, and let's see where the journey takes us!

#### Details:

See attachment for QR codes to download the [Count.it](#) app to your phone. Code is 9122. To connect to your team, click on the i symbol on the top right and find your team.

Team up with other parents on your designated team, (teams are preloaded on the app), minimum of 5 participants per team, only 1 team per participating individual. The [Count.it](#) app will keep track of your daily steps, the **team with the highest average steps at the end of the competition on Feb 1st, WINS!**

Participants must follow, like and comment on our social handles, Facebook and/or instagram, to be eligible for prizes. We will also be having side competitions and will be announcing these competitions and prizes on social media. Please scan QR codes for our instagram and facebook accounts



Participants must also send an email with their full name and cell phone number to [bfaber@ibackcheck.com](mailto:bfaber@ibackcheck.com) or [mvanderlinde@ibackcheck.com](mailto:mvanderlinde@ibackcheck.com), to be eligible for prizes so we can contact you at the end of the competition.

**Top Team Average Step Count Winner** earns a Pizza Party hosted at iBackCheck, with drawings for **individual prizes** awarded at the event. iBackCheck Sport Therapy is hosting this fun event and located immediately next to the High School, in the Furniture and Things Community Event Center. Your one stop chiropractic and physical therapy shop for any injury, any age!

**Prizes:**Gift cards for massages, facials, pedicures, local restaurants, and more!

Follow us on social media for prize updates!