

JOIN THE FJMC ISRAEL WALKING CHALLENGE



Sponsored by



APRIL 21, 2024 – JUNE 10, 2024

The FJMC Walking Challenge will begin on April 21, 2024 (Passover) and finish on June 10, 2024 (Shavuot). During the 7-week virtual journey throughout Israel you will visit many cities including Haifa, Hadera, Netanya, Tel Aviv-Yafo, Ashdod, Ashkelon, Sderot, and Jerusalem!



- ✓ **A Friendly Challenge:** Compete with other FJMC Men's Clubs on the Israel Walking Challenge Leaderboard!
- ✓ **Learn More About Israel:** As you virtually walk throughout Israel, each city will have a picture and some educational information about that city.
- ✓ **Don't Enjoy Walking? No Problem:** Going to the gym, cutting the grass or playing ball with your children all count toward your active minutes which can be converted to steps on the FJMC portal!
- ✓ **Want To Learn More About Staying Healthy? :** Check out the Learning Center to find stretching exercises, hydration tips, and many more videos to help you in your wellness journey!