

Join Walk the Wonders

Join a team for Walk The Wonders and visit the world's most treasured places. Gather your team in Lisbon, Portugal and set off on an eight-week journey to see the New 7 Wonders of the World. You'll learn ancient secrets, explore incredible locations, and experience history in an entirely new way...all while getting in shape!

Take the Challenge

Log into the online platform and join a team or become a team captain. Recruit colleagues to join you on this journey by sending invitations online or asking in person. The trip around the world requires 4,000,000 steps from a single team, so the larger your team, the better your chances of making it to all seven Wonders! Try to have at least eight team members.

Track Your Progress

Chart the distance you've traveled with your team. Set a habit of logging the steps you've walked each week. Every single step counts, so be sure to track even on days when you haven't walked as far as you hoped. You can track from your computer, with your mobile phone via text messaging, mobile web or mobile app, or with the help of your team captain.

Travel Back in Time

Over the next eight weeks, walk as much as possible. Along the journey, you'll visit the 7 New Wonders of the World, precious sights that are far off the beaten track. You'll learn about the people that created them, the customs they inspired, and new ways to appreciate treasures from the past. Be sure to check in on the online Destinations Page regularly to learn about the places you've visited. Ever wondered what's inside the Taj Mahal? Start walking to find out!

Explore Together

When the journey gets tough, your teammates will be there to help you stay motivated. Work together to stay active, meet for group walks to boost your progress, and share tips with each other online. If you support one another, you'll be fit, healthy

[Register now for the Walk the Wonders challenge!](#)

The challenge runs September 11, 2017 – November 5, 2017

Sign up today at www.pebtf.org

Registration: August 23, 2017 - September 18, 2017

Customer support: 1-855-256-0250

If you have any questions please don't hesitate to contact me, thank you!

Ali Noll

Wellness Program Coordinator

Pennsylvania Employees Benefit Trust Fund

717-565-7216 – Direct

717-561-1696 – Fax

anoll@pebtf.org

