

"We do not take a trip; a trip takes us."

– John Steinbeck



Go where your better health habits take you

What if you could go from sea to shining sea without boarding a plane, hopping on a bus, or gassing up the car? Well, now you can... in *Well Traveled*. Move from state to state, discovering iconic attractions as well as quirky, out of the way wonders — while building well-being behaviors that last long after this country-wide tour is over.

Friday May 5: [Registration begins.](#)

Monday, May 15: [Logging begins.](#)

Friday, May 19: [Last day of *Well Traveled*.](#)

Features include:

- Incredible destinations
- Device integration
- Mobile App
- Leaderboards
- Interactive Wall
- Resources and more...

Go to <https://tmhraac23.welltraveledtoday.com/#/welcome>

and click Register to get started today!

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Create your account using the link above,
then Search "*Well Traveled*" in the Google
Play or Apple App store.

