Ready, Set, Go!

You’re itching to get in shape, but you just can’t find the time. Or maybe you have no one to exercise with. But what if you could team up with some co-workers and get fit together?

One way to make it happen is the Ready, Set, Go Challenge!


To start getting healthy right now, go to MyActiveHealth and check out the fun online tools. You can try digital coaching, watch a video or find a tasty recipe. You may access the site from www.pebtf.org.

Ready to get active? Let’s do it together!

To learn more, call 1-855-256-0250.

SIGN UP

1. Go to www.pebtf.org
2. Click on the “Get Healthy” logo
3. Select “MyActiveHealth”
4. Click “Create an Account”
5. Enter the requested information
6. Create a user name and password
7. Click “I accept the terms and conditions” button (You can personalize your account now or wait until later)

After completing Step 7, click on “Ready, Set, Go” or “ActiveChallenge” to register for the challenge.