

# WALKING CHALLENGE

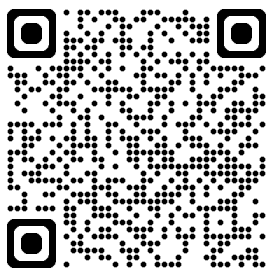
## WALK TO THE MOON

### Let's walk to the moon together!

Our goal is to reach the moon and back 2.5 times  
by combining the total steps of all participants!

If 10,000 people each walk 8,000 steps a day - the daily target for good health -  
for 30 days, we'll reach our goal!)

Apply to  
participate!



Participants/team whose average number of steps per person per day exceeds 8,000 steps  
during challenge period will be eligible to enter for prize lucky.

## Recruiting for Walking Challenge 2025

### 【Guidelines and rules】

Target population	All staffs and students of KOBE University * There are 2 types of participation; individual and team (2-10members), and you can participate in either one. In the case of team participation, families and friends can participate as long as at least one person is enrolled at KOBE University.
Registration period	October 1,2025 ~ October 31,2025
Walking period	November 1, 2025 ~ November 30, 2025
How to track the number of steps?	<u>Participants are encouraged to use their own pedometers, smartphones during the challenge.</u> <u>See the "Walking Challenge Website" for more details</u>
How to participate?	Please register after you have understood the details of the challenge as described on the website. <a href="https://www.juha-webforum.jp/wc/2025/en/terms/">https://www.juha-webforum.jp/wc/2025/en/terms/</a>
Organizer	KOBE University.
Partnership	Japan University Health Association
Inquiry	Walking Challenge Steering Committee Email: <a href="mailto:support@wc-htk.com">support@wc-htk.com</a>

