

# NJWELL National Walking Day Challenge



April 1 - April 2, 2026



## Step into Spring

Enjoy the outdoors while getting active by participating in the National Walking Day Challenge. Record your steps and earn points.

[Join The Challenge](#)

## How It Works

- Register between March 25th and April 2nd.
  - Sign in to [HorizonBlue.com/shbp](https://HorizonBlue.com/shbp).
  - Select *Wellness & Services*, then follow NJWELL prompts. Go to the *Physically Fit* Category to register.
- Record a minimum of 7,000 steps on April 1st or 2nd.
- Log your steps by April 8th to earn 50 points toward your NJWELL reward.

Please talk to your doctor before beginning an exercise program.



Earn \$250 or more with NJWELL! |  NJDPB Explore Your Benefits |  NJWELL Working for a Healthy New Jersey

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