

MOVE RHEUMATOLOGY FORWARD WITH EVERY STEP!



The NORM group is planning a year-long challenge to promote a healthier you and help strengthen support for Rheumatology. We are launching a Fitbit Steps Challenge to benefit some of the non-profit organizations fighting for our patients.

Depending on how many steps we can walk as a group, between the 2016 and 2017 conference, NORM will make an equal donation to the appropriate groups.

NORM is providing FitBits to NORM Members that attend the 2016 conference. They will be available at the conference registration desk.

If the NORM Fitbit Group walks:

100,000,000 steps NORM will donate
\$2,500

(that's only 30-40 people walking 10,000 steps per day!)

500,000,000 steps NORM will donate
\$5,000

(just 150 to walk 10,000 steps per day!)

750,000,000 steps NORM will donate
\$7,500

(a little over 200 people walking 10,000 steps every day will get us there!)

1,000,000,000 steps NORM will donate
\$10,000

(275 people walking 10,000 steps every day will really move us forward!)



Register for the NORM 2016 conference, if you haven't already, before August 15 and NORM guarantees they will have a FitBit Charge HR for you to pick up at the conference. If you register for the conference after August 15, we will do our best to have one available for you to pick-up at the conference.

If you are not able to attend the conference, own any form of FitBit and you want to join the challenge – email Tammy (tab@reubenallen.com) with your email used to register your Fitbit. An email will be sent to you from FitBit around the weekend of the conference. Click on the link and join our NORM Group for the challenge.

The Challenge is open to NORM Members' spouse/partner if they wish to help us reach and exceed this goal. Send Tammy the email their FitBit is registered to before September 23, 2016 and they will receive an email from FitBit the next week. They will need to join our group on or before October 1, 2016.