

JUMP SHOT for Health



First Quarter Starts Now

Lace Up for Tip Off



Presented by:



Challenge Details:

Lace up your sneakers tightly and begin stepping. During the warm-up challenge in this quarter of Jump Shot for Health, aim to take 100,000 steps.

Learn more: bewellshbp.com/jump-shot-for-health

Date(s):

1/15/2025 - 2/14/2025



Pick your
team

Sync your
tracker

GET
MOVING!

Did you know?



Did you know that the first rubber-soled shoes, known as plimsolls, were created in the early 19th century and were the predecessors to modern tennis shoes? They got their name because the line around the sole resembled the Plimsoll line on a ship's hull!

Source: [History of Tennis Shoes by Tread Labs](#)



Did you know that Georgia is known as the Peach State, but it's also the nation's top producer of peanuts, pecans, and Vidalia onions? The state's diverse agriculture makes it a powerhouse in the farming industry!

Source: [Georgia Farm Bureau](#)