



401(k) DAY™
September 5, 2025

**STEP UP TO
RETIREMENT**

4.01k Fitness Challenge

Get Moving Toward a Brighter Financial Future!

Mark your calendar and lace up your sneakers for our special 4.01k (2.5 miles) Fitness Challenge! As part of National 401(k) Day, we invite everyone to join us for a run or walk that celebrates taking positive steps—both financially and physically—toward your dreams.

Why 4.01k?

Because just like your 401(k) plan, every small step you take leads to meaningful, long-term progress!

Challenge Details

- Date: anytime during the month of September
- Distance: 4.01 kilometers / 2.5 miles (run or walk—your pace, your way!)
- Where:
- Who: Open to all employees—invite your colleagues for some healthy competition!
- Bonus Motivation: Pair the run/walk with the 1% Contribution Challenge—commit to boosting your retirement savings and your wellness at the same time!

Get Involved

- Wear your fun run gear and bring your energy!
- Share photos and finish times on our [Facebook](#) with the hashtag #401kDayChallenge.
- Celebrate with healthy snacks and company swag at the finish line.

Remember:

Every stride brings you closer to your next milestone—whether it's a healthier lifestyle, bigger retirement savings, or both!

