

Step Into Spring

2nd Annual Spring Step Challenge

May 6th - June 3rd, 2019



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- * **Who:** All Christian Care Staff, Community vs. Community
- * **What:** Well-at-Work -- Spring Step Challenge!
- * **When:** May 6th – June 3rd
- * **Where:** Track Your Steps At Work, Home, or Play
- * **Why:** If you are regularly physically active, you may:
 - * reduce your risk of a heart attack
 - * manage your weight better
 - * have a lower blood cholesterol level
 - * lower the risk of type 2 diabetes and some cancers
 - * have lower blood pressure
 - * have stronger bones, muscles and joints and lower the risk of osteoporosis
- * **How:** Track Your Daily Step Count, Report Weekly Totals to Wellness Champion, or Log Step on Your Community Step Chart. Help Your Community Compete



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- * Participants Must Submit Weekly Step Totals to Champions by 3pm EST Each Monday.
- * Champions Will Submit Community Step Totals to Nathan by 1pm EST Each Tuesday.
- * Nathan Will Email Campus Ranking by 4pm EST Each Tuesday.
- * Participants Must Be Recorded on Campus Step Totals 3 of 4 Weeks to Earn **10 Well-Points**.
- * Participants Are Encouraged to Utilize Fitness Trackers, Smart Phones Apps, or Pedometers For Accurate Step Reporting.
- * Challenge Will Conclude at 11:59pm CST, June 3rd.
- * Final Step Totals are to be Submitted by 3pm EST June 4th.

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- * Chance To Win Prizes.
- * Three Grand Prize Winners For Greatest Step Average Throughout Challenge (Max 25,000 Steps Per 7 Day Average).
- * Campus With the Greatest Step Average will Receive an Award + Bragging Rights.





Contact **Nathan** for more information

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