**Lace up for the *event name* Step Challenge!**

Can you walk [15,000] steps during the event name?



Join your colleagues for this fun competition and the chance to win a GREAT prize! Every step counts! With a little extra effort, you can really put on the miles and burn calories all while attending the [event/meeting/conference].

**Need a reason to participate?**

* Walking 30 minutes a day adds life to your years, protects you from heart disease, and strengthens memory!
* It’s a fun and great way to curb the negative effects of stress by boosting your serotonin!

**To participate in our Step Challenge:**

1. Use [insert name of tool here – pedometer, Walker Tracker App, iHealth app, etc. – for measurement] to record your steps beginning Monday at 8:30 am through Tuesday’s lunch.
2. Keep track of your own steps. **If using a pedometer, do** **not reset your pedometer** – let the device count your **total steps** for [day(s) of the challenge].
3. All event participants that successfully walk 15,000 steps by [end of challenge – time and day] will have their name entered into a drawing for a prize.
4. Winner of the Steps Challenge will be announced at [time of announcement]. Don’t miss out on winning a terrific prize! The winner must be present to win.

**You’ll be surprised at how fast steps add up! Tips to get to 15,000 steps:**

* 1 mile = 2,000-2,400 steps. Set a goal each day for how far you would like to walk before, during and after different parts of the event
* Take walking breaks instead of coffee breaks
* Use the stairs instead of taking the elevator
* Make time for 60-second physical activity breaks before and between sessions
* Go for a morning walk/run to wake up before attending
* Look up nature trails or neighborhoods near the venue and powerwalk with friends
* Walk up and down the halls between sessions
* Participate in the offered wellness activities

**Good luck and happy walking!**