

June 10, 2024 – July 7, 2024

# 2024 Summer Step It Up Challenge

**SIGN UP TODAY**

Deadline to Submit a Team Name: Tuesday, June 4

Deadline to Register: Thursday, June 6

## Step Up Your Summer Wellness Routine

Join our national no-cost, four-week step program that encourages daily healthy habits and includes summer wellness and safety tips to stay healthy, have fun, and get fit! *Register a team made up of at least three participants that includes employees, colleagues, customers, family, and friends.*

### Here's how to get started:

- Scan the QR code
- Determine whether you participated in our last challenge or are a new participant or team and follow the corresponding steps
- Finish registration and connect your device



Questions? Noelle Reinhart | 216.236.0363 | [nreinhart@healthactioncouncil.org](mailto:nreinhart@healthactioncouncil.org)

You do not have to be a Health Action Council member to join. Must be 18 years or older