



Join the Step it Up! Fitness Challenge

This free, 8-week program is designed to help you get active and visit new parks.

All levels of fitness welcome.

Begin tracking your activity on April 20, 2020.



Practice social distancing and combat cabin fever!

Participants can look forward to:

- **Setting & achieving fitness goals!**
- **Discovering new parks in Ottawa & Allegan counties**
- **Physical & mental health tips**
- **Healthy eating ideas**
- **Incentive prizes**
- **Motivation & accountability by logging activity**

COMMIT TO FIT BY APRIL 15
Sign up: miOttawa.org/stepitup



The Step it Up! program usually offers opportunities to walk as a group each week. When we can safely gather again, participants can expect:

- **Guided group walks, varying paces**
- **Fun, free recreation activities**
- **Meeting new people**

Until we can get back to our normal routine, participants will receive suggested parks and trails to visit, as well as other health and wellness tips via email.

Staying active and getting outside is more important than ever.



*mi*Ottawa Department of
Public Health