



Join the Hennepin County Step to it Challenge

May 1 – 28

steptoit.org



What is Step to it?

Step to it is a free activity challenge that is open to people of all ages and abilities.

- Have fun with family, friends and neighbors while improving your health.
- Tracking your activity is quick and simple. Log your activity daily or weekly May 1 – 28.
- You can log activity online or by using our new Fitbit integration.
- It's not just about walking. You can convert almost any activity to steps when you enter it in your activity account.



Prizes and Awards

- **Individual:** you can win Twins tickets one of two ways:
 - Track the most steps in your community and age bracket to win Twins tickets.
 - Register for the challenge to be entered for drawings to win Twins tickets.
- **Community:** help your community take home a Step to it trophy in one of the following categories:
 - Most active community
 - Most active residents
 - Most actively engaged community



Easy ways to get moving

All activity counts, including things that are already part of your routine, such as:

- Cleaning your house
- Dancing
- Vacuuming
- Yoga
- Washing your car
- Biking
- Gardening



Link your Fitbit

Tracking is now easier than ever! Connect your Step to it account to your Fitbit to track your steps automatically. If you don't have a Fitbit, you can still enter your activities through the website.



How to join

- Sign up as in individual or as part of a team.
- Register online at steptoit.org or call 612-348-5618 (voice mail).

