



# GO FOR BALD

Do, Eat and Believe in a Healthy Washington County

## Fall into Fitness Step Challenge

**Sunday, Oct. 3, 2021 - Saturday, Nov. 13, 2021**

Want to challenge yourself to get more exercise and become healthier?

### Are you a starter, contender or coach?

Pick your status and get on board for the Fall into Fitness Step Challenge. Work up to or walk more than 10,000 steps daily. You can sign up individually or as part of a five-person team. Go head to head with other individuals or teams in the challenge or just challenge yourself to walk more toward improving your health.

Winning teams will be treated to a healthy lunch. Individuals will compete for prizes. We will be there to motivate you with physical activity and nutrition tips.

The Challenge Runner app will be used for this activity operating on your smart phone, tablet or PC.

**Starter:** Just beginning to exercise - previously not active.

<https://www.ChallengeRunner.com/enroll/42c8gu-35qs>



**Contender:** You exercise sometimes, but maybe not regularly.

<https://www.ChallengeRunner.com/enroll/fcb8gu-35qw>

**Coach:** You exercise regularly and often.

<https://www.ChallengeRunner.com/enroll/58e8gu-35r0>



### COMPETING AS AN INDIVIDUAL

1. Use link or QR code to either log in or create a new account.
2. SKIP team set-up step.
3. Click TRACKERS to link your smart watch/Fitbit to the activity or you may enter your daily step totals manually.

### COMPETING ON A TEAM - TEAM CAPTAIN CREATES TEAM

1. Use link or QR code to either log in or create a new account.
2. Click CREATE NEW TEAM.
3. Select a team name and SAVE.
4. Find your team on the challenge listing.
5. Personalize your team picture if you like.
6. Copy link and invite your team members to sign up. Maximum 5 members per team.
7. Each team member can link their smart watch/Fitbit by clicking on TRACKERS or team members may enter their daily step totals manually.

For questions, please contact Meritus Community Health Education & Outreach at 301-790-8964.

