



# Step into Fitness!

**June 1<sup>st</sup>-June 28<sup>th</sup>**

The “**Step into Fitness**” **Virtual Walking Challenge** will help you move more by offering simple suggestions to increase physical activity through walking. A virtual walk is a real walk, but on your terms. You choose your own course, what time you start, and who walks with you.

“**Step into Fitness**” is a **FREE** program that includes:

- Weekly newsletters with tips and ideas you can use to walk more.
- Walking Log for tracking activity and points. Every 10 minutes of walking = 1 point.
- **PRIZES!**

*Complete the challenge and be entered into a drawing for prizes!*

**Let's start walking! Sign up now!**

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**For more information or to sign up:**  
Harnett County Department of Public Health  
910-814-6196

**Registration deadline: Monday, June 1, 2020**



**Harnett**  
**COUNTY**  
HEALTH DEPARTMENT