

Step into Fitness! Virtual Walking Challenge

Monday, June 1st – Sunday, June 28th



Congratulations on taking the first step to improve your health by joining the **Step into Fitness! Virtual Walking Challenge**. 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. Regular physical activity helps you maintain a healthy weight, lowers the risk of chronic diseases such as heart disease and is proven to improve mental health.

During the challenge, you will receive via email:

- Weekly newsletters with tips and ideas you can use to walk more.
- Walking Log for tracking activity and points.

Newsletters and walking log will also be available for download from the Health Department's website, www.harnett.org/health.

Earning Points

Every 10 minutes of walking = 1 point

Earn bonus points by tagging Harnett County Health Department while walking.

Facebook: [@harnettcountyhealthdepartment](https://www.facebook.com/harnettcountyhealthdepartment)

Prize Eligibility

To be eligible for the prize drawing, participants must:

- Earn a **minimum of 20 points** by the end of the challenge.
- Turn in walking log by Tuesday, June 30, 2020 (email to brayner@harnett.org)
- Complete Program Evaluation Form

Note

When beginning physical activity start slowly and gradually increase your level of activity. If you have a chronic health condition such as arthritis, diabetes, or heart disease, talk with your doctor before starting an exercise program.

Let's start walking!

For more information:

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COUNTY
HEALTH DEPARTMENT