



Step into Fitness!

March 28th-April 24th

The “**Step into Fitness**” Walking Challenge will help you move more by offering simple suggestions to increase physical activity through walking. Walking challenges can be a great way to get your family, friends, and/or co-workers involved in friendly competition, physical activity, and a common goal.

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

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

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

Let's start walking! Sign up now!

For more information or to sign up:

Harnett County Health Department

910-814-6196 or www.surveymonkey.com/r/HCHDStepintoFitness

Registration deadline: Friday, March 25th

