

Harnett County Health Department



Step into Fitness!

Walking Challenge

April 3rd-April 30th

The **Step into Fitness! Walking Challenge** is a 4-week program that 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.

The Step into Fitness Walking Challenge includes:

- Weekly newsletters with tips to help you move more.
- Walking Log to track your points. *Every 10 minutes of walking/exercise=1 point*
- **PRIZES!**

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

For more information or to register:

Harnett County Health Department

910-814-6196

or www.surveymonkey.com/r/HCHDStepintoFitness

Registration deadline: Friday, March 31, 2023

