

# Step into Fitness!

**March 22<sup>nd</sup>-April 18<sup>th</sup>**

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.



This **FREE** program includes:

- Weekly newsletters with tips to help you move more.
- Walking Log to track activity and points.
- **PRIZES!**

**Every 10 minutes of walking=1 point**  
*(Prefer to run? Every 10 minutes=2 points)*

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:

Harnett County Health Department  
910-814-6225

## To Register:

[www.surveymonkey.com/r/HCHDWalkingChallenge](http://www.surveymonkey.com/r/HCHDWalkingChallenge)

**Registration deadline: March 22, 2021**



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