



Step into Fitness!

June 1st-June 28th

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!

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