

Easy ways to get stepping

Log points during the Step to it challenge for activities that are already part of your routine, such as:

- Cleaning your house
- Vacuuming
- Washing your car
- Gardening
- Dancing
- Yoga
- Zumba

Discover easy ways to get moving for a chance to win a pair of free Twins tickets or other prizes.



Partners



Hennepin County
Public Health

612-348-5618
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steptoit.org



This spring,
take easy steps
for better health

May 1 – 28
steptoit.org





Step to it challenge

- Have fun with family, friends and neighbors while improving your health.
- Tracking your steps is quick and simple. Log your activity daily or weekly May 1 – 28 using a pedometer or fitness tracker.
- You can also log steps online or by phone.

The challenge is free and open to people of all ages and abilities.



Prizes and awards

- Track the most steps in your community and age bracket to win a pair of Twins tickets.
- Register for the challenge to be entered for drawings to win t-shirts and Twins tickets.



Community competitions

Help your community take home a Step to it trophy in one of the following categories:

- Most active community
- Most active residents
- Most actively engaged community

Participating communities

- | | |
|---------------------------------|-----------------------|
| • Bloomington | • Minnetonka |
| • Brooklyn Center | • Minnetonka Beach |
| • Brooklyn Park | • New Hope |
| • Champlin | • Orono |
| • Crystal | • Osseo |
| • Eden Prairie | • Plymouth |
| • Excelsior | • Richfield |
| • Golden Valley | • Robbinsdale |
| • Hopkins | • Rogers |
| • Little Earth of United Tribes | • Sabathani Community |
| • Maple Grove | • Shorewood |
| • Maple Plain | • St. Louis Park |



Join now

Register online at steptoit.org or call 612-348-5618.

