

# Harnett County Health Department



# Step into Fitness!

## Walking Challenge

April 7<sup>th</sup>-May 4<sup>th</sup>

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!

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### For more information or to register:

Harnett County Health Department

910-814-6196

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

**Registration deadline: Friday, April 4, 2025**

