



OCTOBER STEP CHALLENGE



WALKING WITH PURPOSE

ARE YOU READY TO WALK FOR A GREAT CAUSE?

Join us for a month-long challenge aiming to raise \$40,000 and walk 12,000 miles. Your participation today can make a difference in helping students stay in school. Starting October 1st, connect your wearable trackers to the app or manually enter your steps each day! You do not need to register on any other apps/platforms unless you'd like to join in on the fundraising component! Let's have fun and see how many miles Team Consumers can go!

Learn more today!



You've probably heard that logging 10,000 steps daily can help you control your weight and keep you healthy. But if you have an office job, spend a lot of time driving, or are constantly pressed for time, shooting for that number can seem overwhelming!



Adding just 1,000 extra steps to your day has so many health benefits:

- It can boost your heart health!
- Cholesterol numbers could improve.
- Increased energy levels.
- Help improve focus and concentration.
- Reduce stress levels.
- Strengthen your lungs, bones, and muscles.
- And you may even lose weight!

***STEP CONVERSION CHART = 15 Minutes of Activity is equal to 2,000 steps that you can manually enter. Let your coach know you need a manual step tracker!**