



HEALTHY HEART

STEP CHALLENGE

REGISTER NOW



Challenge Code:
65d96n-44np

Sync your Fitness
Device or Manually
Enter Your Daily Steps
into Challenge Runner.

JUN 5 - AUG 4

See what regular walking does to reduce your blood pressure and weight in this summer wellness challenge.

- Participants will have their blood pressure and weight measured at the start and end of the challenge to see the improvements (and earn raffle entries).
- Every 10,000 steps are also counted as one raffle entry into the challenge.
- During this 9-week Healthy Heart Summer Step Challenge Individuals can weigh in and/or get their blood pressure checked at home or at one of the scheduled Health Coach Offerings.

Prizes

**1 OF 5 WELLNESS@WORK
CAR ORGANIZERS WITH
WELLNESS SWAG**

1 Raffle Point for each:

- 10,000 steps
- Weigh In
- Weigh Out
- Blood Pressure Check In
- Final Blood Pressure Check

This is a friendly competition for individuals to keep track of their health over the summer through setting health goals that are accessible and realistic as Yuma heats up.

Enter Starting Weight
& Blood Pressure

BY MON JUN 5

Enter Ending Weight &
Blood Pressure

BY MON AUG 7

QUESTIONS? CONTACT
CHALLENGES@WELCOAZ.ORG



RAFFLE ENTRIES CAN BE AWARDED THROUGH:

Entrance and Exit Blood Pressure Checks.

Reach out to Coach Stephanie to set an appointment!

Manually enter your results into Challenge Runner.

2 Raffle Points

Entrance and Exit Weight.

Reach out to Coach Stephanie to set an appointment!

Manually enter your results into Challenge Runner.

2 Raffle Points

**SYNC YOUR FITNESS DEVICE
OR MANUALLY ENTER YOUR
DAILY STEPS INTO CHALLENGE
RUNNER.**

1 Raffle Point per 10,000 steps

walk 1 mile = 2,000 steps
swim 1 mile = 8,000 steps
bike 1 mile = 605 steps

