**STEPtember**
**September 3 - 30, 2017**

Simply log your steps & activities on the tracking sheet then email your completed form by October 6 to Carole Donnellon to earn **40** Be Well points.

Use the STEPtember log sheet to:
- set weekly goals
- track your steps
- earn Be Well points
- convert other activities to steps

Try to increase your daily or weekly step goal each week throughout September.

#UCMileMonday
Mondays - 9:00 AM
Teachers Courtyard

Join us for a FUN CECH Step Challenge

The idea is to make a walking goal for yourself, which increases each week.

Which area will have: The highest percent increase?

The highest percentage of participants?

The highest average daily step count?

Random prizes throughout the month!

All are welcome - Join no matter what your fitness level.

According to the Centers for Disease Control, “walking is a great way to get the physical activity needed to obtain health benefits.”

[https://www.cdc.gov/physicalactivity/walking/index.htm](https://www.cdc.gov/physicalactivity/walking/index.htm)

Questions? Please contact wellness@uc.edu

Click Here to REGISTER

Works for the electronic version only.
Send an email to carole.donnellon@uc.edu to register