Travel to the Coast Step Challenge

Did you know Be Well UC’s Wellness Coordinator recently tied the knot and is now Ashley San Diego? Help us celebrate and get your steps in while earning 10 Choose Your Own Challenge points!

San Diego, California is about 2,000 miles away from Cincinnati. So we decided to turn the miles into steps to help increase movement within your daily routine! Walking an extra 2,000 steps (about 1 mile) is a great way to be active while improving your health and increasing your mood, productivity, and so much more!

To participate:

- Walk an extra 2,000 steps 12 times this month (that’s only 3 times a week!).
- You can count your steps by using an app, device, one of the ways below, etc.
- Complete the tracker on the next page by coloring in a shape every time you walk an extra 2,000 steps, starting in Cincinnati and ending in San Diego.
- After walking the extra 2,000 steps 12 times this month and coloring in all the shapes, submit this page to wellness@uc.edu and we’ll submit your 10 Be Well UC points!

Click the link below for designated walking maps on UC’s West Campus that are about 2,000 steps or 1 mile!

Travel to the Coast Step Challenge
Earn 10 Be Well UC Points!

Here are a few more options you can try on your own or with others!

**At Home:**
- Take a lap around the block when you go outside to collect your mail.
- Make multiple trips up and down the stairs while doing laundry or another household chore.
- After dinner catch up with family members, neighbors, or a household pet by walking.
- Walk around the inside or outside of your house while on a phone call.

**At Work:**
- Walk or bike to work if you live close enough.
- Designate 10 minutes of your lunch break for a quick walk around the inside or outside of your building.
- Walk to a restroom or drinking fountain on a different floor or on the opposite of the building.
- Walk to your co-workers’ desks to speak to them instead of sending an email.


You can work in the 2,000 steps however & whenever you would like!